

# Gestalt Ways of Being: A Playful Exploration

27<sup>th</sup> & 28<sup>th</sup> September 2024

Facilitated by:

**Lucy Ball & Sue Holland**

Join us for a development workshop, set in a spacious, light studio in the beautiful Devon countryside.

We'll share and apply some of the Gestalt principles that are important to us in our work and lives. All of this with a spirit of play and exploration, working creatively with and in nature.

The time together will be shaped and co-created with you, depending on your interests.

**Gestalt principles we will explore include:**

- **Trust and support.**
- **Awareness in the here and now.**
- **Cycles of experience.**
- **The fertile void.**
- **Attending to relationships and contact.**
- **Experimenting and meaning-making.**
- **Noticing context and systems.**
- **Sharing space and holding boundaries.**

You don't need any Gestalt training to join.



**Venue:** The Studio, Creative Beings CIC, Devon (nearest train station is Honiton)

**Course format:** Fri 27<sup>th</sup> meet for lunch at 13.00, finish at 17.00. Sat 28<sup>th</sup>: meet at 09.30, finish at 16.00.

**Accommodation:** nearby options available on request.

**Food:** Light buffet lunch provided on both days. Refreshments included.

**Pricing:** **Price A** is for professionals in organisations or those with a good level of personal resource - **£290**.

**Price B** is for young people, students, those on low income or in a charity setting - **£180**.

**Book at:** [www.creativebeings.uk/events](http://www.creativebeings.uk/events)

**Contact:** [sue@creativebeings.uk](mailto:sue@creativebeings.uk)



**CREATIVE BEINGS**

Cultivating creative practices for wellbeing

# About your facilitators



**Lucy Ball** is an executive coach, counsellor, facilitator, coach supervisor and teacher of Gestalt. She has spent over 20 years working in organisations supporting and developing leaders and leadership teams through change. More recently she has added counselling into her work and works at Somerset Counselling Service which is a charity offering affordable, local, long-term counselling.

Passionate about the environment, Lucy is a facilitator at University College London's Climate Action Unit helping to turn climate anxiety into agency. Lucy's love affair with Gestalt goes back 20 years and she continues to learn and teach as a faculty member at the Gestalt International Study Center in Boston, MA.

**Sue Holland** is a leadership coach and has worked as a facilitator of change for over 25 years, bringing Gestalt principles and ways of being into her work. She is curious about developmental transitions in adult life and works with people around resourcefulness and resilience, supporting them to remain open, effective, and potent during these times.

Her practice is informed by many things – a deep and connected love of the natural world and how balance is maintained, at a biochemical, organism and ecosystem level. She applies this in her work with people and systems – enabling sustainability in its broadest sense.

