

# Tracking down the change

*an in-depth, process orientated facilitation training for  
professional facilitators and processwork students at all levels*



with **Gill Emslie**  
and **Boris Sopko**

**May 8 - 10, 2020**

**Barcelona**

In these days many of us are experiencing how tiny viruses, invisible from our perception, can strongly influence the whole of society raising our fear of the unknown and losing control.

Do we have the agency to influence these events before they happen or are we simply at the mercy of forces greater than ourselves? Often we get caught in our own self doubt, lack of focus and commitment to taking the first step and trusting our inherent deeper sense of knowing that often indicates what is needed. World issues, personal difficulties, conflicts and relationship crises can be one signal of an emerging new phase.

In this training we will learn to listen to our deepest hunches and focus on how to deal with imminent or unexpected changes within us, in our relationships, teams and in the world.

Sharpening our ability to perceive the signals which our everyday mind tends to marginalize, we will learn and deepen the toolkit we need to unfold and understand their meaning rather than getting caught in our unconscious reactions and discover useful attitudes which create the basis for dealing with upcoming unwanted change.

**Location:** Barcelona

**Seminar fee:** 300€. You are registered after you payed the seminar fee.

(**EARLY BIRD** fee 265€ before **April 17**: for students of all Processwork trainings recognised by IAPOP\*)

Please register and pay online to confirm your place.

**Training Day:** 80 € (Only for formal students of process work. Will build on and deepen the practise of the skills and meta skills focussed on during the seminar through training exercises, practise and supervision.)

**Registration:** <https://forms.gle/1AiXTW2kzb9L38Sg6>

**Language:** all seminar will be in English and Spanish with translation.

\* <https://iapop.com/training-centers/>

note: foto by Jayant Kulkarni from Pexels

We will focus on developing awareness of and perception of the first signals of upcoming change and tools. We will train ourselves in process work skills to unfold and work with those signals. And develop useful inner attitudes to deal with those tense critical moments of our lives and those we work with.

Training seminar will be useful for:

- students of process work in different stages of development,
- advanced students of process work to sharpen their perception of signals, feedback and become more precise in intervention skills,
- students of process work in the beginning of their studies to introduce themselves with basic principles and tools of process work,
- professionals working with other people,
- people looking for self-help tools and inspiration how to deal with personal or relationship challenges.
- managers, team leaders, teachers, educators, psychologists, psychotherapists, ...



### **Dates:**

#### **Seminar:**

**Friday May 8, 2020**

from 16:00 to 19:30 (aprox)

**Saturday May 9, 2020**

from 10:00 to 14:00 and  
from 16:00 to 19:30

**Sunday May 10, 2020**

from 10:00 to 14:00 and  
from 15:30 to 17:30

#### **Training Days:**

*For students of process work*

**Monday May 11, 2020**

from 10:00 to 14:00 and  
from 15:30 to 17:30

**Tuesday May 12, 2020**

from 10:00 to 14:00 and  
from 15:30 to 17:30

#### **Contact:**

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**Gill Emslie, PhD.** - Gill works internationally as a Processwork facilitator, trainer, individual and team coach and consultant. Co-founder of this Instituto de Trabajo de Procesos, Gill has taught across Europe, SE Asia and Latin America. She specialises in running in-depth training programmes in leadership, diversity and conflict facilitation, and community building. She also collaborates with NGO networks, providing training and facilitating multi-stakeholder dialogue. Her specialist interest lies in the human experience as it relates to social change processes, diversity and inclusion. When she is not travelling Gill lives in the Findhorn ecovillage in Scotland, an NGO providing training on issues related to sustainability, environment, peace and shelter.



**Boris Sopko,** - Boris is originally clinical psychologist and psychotherapist working with individuals, couples and groups. I am also an international teacher in Process Work, and also member of the faculties in Process Work trainings in Spain and in Slovakia. I was born and grew up in the east of Slovakia and last years I am living with Neus and our family in Barcelona. I like nature, especially mountains and sea, love to make pictures and grow up vegetables in the garden.