



integral  listening<sup>®</sup>

„How We Can Reorientate Ourselves and  
Find Our “Ecological” Niche”

**3 1-DAY SESSIONS**

**OR**

**10 INDIVIDUAL COACHING SESSIONS OF 1.5 HOURS**

Tell me, what is it you plan to do with your one wild and precious life?

*Mary Oliver in „The Summer Day“;  
from New and Selected Poems (Boston: Beacon Press, 1992)*

At the start of every change there is unease and longing. We “become pregnant” something new in ourselves—we feel it acutely—we feel it and can hardly bear that the new hasn’t shown in our life yet. We feel that the life we have lived until now has grown too cramped for us and somehow doesn’t seem to fit anymore.

The question concerning the next is waiting.

This learning process will support you in setting out on the path, in

continuing to follow your heart’s path. Because that which we bring into the world is at first a feeling, a thought, an intuition.

“Integral listening” is targeted towards people of different ages and different professional backgrounds to support them in their inner development and finding their “ecological niche” in order to become aware of their responsibility for themselves and the world at large.

In this compact learning and reflection program, you will confront your desires, your questions about

your place in the world, and your next steps.

The basis of this program is therefore the concepts of the informed body from integrative therapy, nature-based visions quests (Bill Plotkin), Anna Halprin’s life art process from Anna Halprin, Ken Wilbur’s integral perspective, Arnold Mindell’s process-oriented psychotherapy, the theory U, current studies on perception and resonance, and analysis of selected poems.

## Target Group

People that feel they are at a turning point in their lives do not (yet) know which steps they would like to take next.

## Uses

- Addressing one's individual "not-yet-knowing"
- Learning through exercises for self-reflection
- Confrontation with our own defense patterns
- Achieving greater clarity regarding one's next steps
- Following one's own path authentically

## Prinzipien

- In each module or coaching session, different forms of perception will be presented and practiced
- A large proportion of self-reflection and reflection with colleagues.

## Inhalte

- Biographical work
- The story of heroes
- “Flirting” with the future
- Vision quests
- Confrontation with concepts of identity
- Deep imagination and deep ecology
- Bodily memory as a resource



### **Dipl.-Ing. Sabine Pelzmann, MSc MBA**

Sabine Pelzmann, Dipl.-Ing., MSc, MBA, works as an integrative coach, systemic-consultant, sculptor and author. She lectures in leadership, system theory and organizational development at several universities and is also the mother of two daughters. She heads a consultancy company “Integrative Organisationsentwicklung” in Graz/Austria and has worked with executives in expert, profit, non-profit and public organizations for more than 20 years. She is experienced in the conception and implementation of change processes as well as the design of reflexive leadership development programs. The central themes of her consulting are change, release, decision, reorientation and unique leadership.

Sabine Pelzmann was born in Austria in 1966 and grew up on a farm. She studied at the University of Natural Resources and Life Sciences in Vienna and Danube University, Krems.

During her studies, she worked on growth processes, integrative consulting, system theory, process-oriented psychology and ecological

approaches to business and agriculture. Her multidisciplinary education allows her to work in various fields and her work is characterized by interdisciplinarity, cross-sectoral approaches, value orientation and application to real life.

Sabine Pelzmann has consulting experience in Austria, Denmark, Georgia, Israel, Italy, Switzerland, Ukraine and the United States. Leadership and management theories, the integrative approach by Hilarion Petzold, process-oriented psychology and the archetype concept constitute the basis of her work.

As an artist her sculptures are bodies that stand just like people in real life in dialogue with the world. She compares them to physical memory in which the history of life is engraved. “The world is written in our bodies while we are expressing ourselves through these bodies. The appropriation of the world, the incorporation and the nesting in it is something that does not merely happen to us but takes place as a process of mutual creation.”



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