

integral listening®

Sensitization of perception processes

DURATION: 3 TIMES 2 DAYS

Our environment is becoming more dynamic, louder and more ambiguous. This makes it all the more important for individuals to gain awareness of their own impulses, to heighten their levels of perceptiveness and to utilise these perceptions in order to make necessary decisions.

In this compact program you will learn different techniques to help expand and practice your processes of perception.

The “Integral Listening” concept focusses on the sensitization of both our inward and outward processes of perception as the basis for successful communication, approaching the world and entering into

relationships. Founded and developed by Sabine Pelzmann and Nina Koren, the „Integral Listening” method is based on seven dimensions of perception, along with the integrative understanding of the „body in constant becoming” (Petzold 1992). „Integral Listening” defines the physical, multidimensional, attentive and non-judgmental perception of the present moment as a means to access one’s deeper self-awareness and intuition, enabling the development of resonant relationships and the initiation of change processes as the „building blocks of creative action” (Halprin). “Integral Listening” also introduces the concept of Presencing, as described by Claus Otto Scharmer: a process for inspiring innovation,

which is presented and explored from a body-oriented perspective.

The program references elements of the Informed Body concept from Integrative Therapy, Anna Halprin’s Life Art Process, Ken Wilber’s Integral Perspective, Arnold Mindell’s Process-Oriented Psychotherapy, system-theoretical insights and Claus Otto Scharmer’s Theory U, in addition to contemporary studies on perception and resonance.

Target group

People whose professional results depend on their interpersonal and communication skills, including:

- Executives
- Instructors and teachers
- Consultants
- Doctors
- Therapists
- Coaches
- Personnel developers
- Attorneys
- Individuals wishing to develop their intuition

Benefits

- Theoretical and practical exploration of different forms of perception (body perception, nature reflection, inner knowledge)
- Practising multi-perspectival multi-plane reflection
- Learning through self-reflection exercises
- Exploration of our own defensive patterns
- Increasing confidence in one's own decision-making capabilities
- Improving communication and behaviour in relationships

Principles

- Compact knowledge transfer - further material for reading
- Different forms of perception are presented and practiced
- Adequate time for both self and collegial reflection

Module 1

The body as an organ of perception
Duration: 2 days

- Forms of perception
- The 'informed body' – the body in Integrative Therapy
- Awareness response levels
- Authentic movement
- Embodied listening
- The psychokinetic imagination process
- The body and emotions
- Body memory as a resource

Module 2

Nature as a resonance field
Duration: 2 days

- The concept of resonance
- Depth imagination
- Being in dialogue with nature
- Nature observation and decision making
- Vision quest

Module 3

Creating resonant interactions
Duration: 2 days

- The correspondence model
- Mastering the transition between hearing and being heard
- Conducting generative talks
- Theory U
- Integral work according to Ken Wilber
- Mindfulness
- Creating a resource-based atmosphere



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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