



Coming Back To Center Webinar Series



Behind The Mask

This Coming Back To Center Webinar Series is designed to support you to generate your own future as you navigate these uncertain times, where reality as we know it, perhaps no longer exists.



While the physical masks have today become a norm, a sign of social responsibility and care, they have also reminded us of the cost of wearing our metaphorical mask.

The social or business persona that wears a mask as an emotional shield, has gradually lost contact with its authenticity, the longings and yearnings that move us towards excitement and life itself. As we practice and embody living with our many masks, we numb, we desensitize and disconnect from purpose and meaning.

We wear masks throughout our life allowing us to both reveal and conceal our identities. The mask we wear will often depend on our social context and our emotional state. We all have a range of masks, developed since childhood, which we swap and change many times throughout our life. These masks slowly evolve and change so much that we risk to lose our own sense of identity.

Is this the mask or is it really me?

In this webinar series:

We will engage into the exploration of what lies behind our masks.

What are our masks protecting?

What are the costs of holding on to them?

What is it that we deeply long for?

What can emerge as a new and more exciting phase of our life?

What future is there to discover for us behind the mask?

These are some of the questions that will lead our coaching conversations as we engage in practices that allow you to connect with the wisdom of the body and participate in creative processes that will make you take off your mask, unearth your deep longings and move you to embrace a more authentic self in the river of life.



Over these six 2 hr sessions you will:

- Discover the masks you use and how they serve you
- Be visible through your authentic self and feel at ease with the true you
- Have a greater self-awareness regarding the impact you have on others
- Identify your core values and whether your actions are aligned with them to live an authentic and fulfilled life
- Become familiar with your learnt beliefs and how they have shaped many of your emotions
- Become aware of the masks that are holding you back from generating the future you desire

Through this program you will also learn and experience:

- What it means to center and why this matters
- The organizing principles you need to embody to be centered
- How to generate a powerful declaration that moves you into action
- Practices that will allow you to move towards the embodiment of your values and vision

Format:

Two-hour, interactive, experiential sessions on Zoom, for 6 consecutive weeks.

SESSION 1: MEETING THE MASK



In this session we will become familiar with our social mask, what it says about us today and how it may get in the way of revealing our authentic self. We will also make contact with our longings, the part of the self that we would like to bring into life.

SESSION 2: HOW WE ARE SHAPED THROUGH OUR MASK



The body and the self are indistinguishable, our history and experiences live inside of us and shape us. In this session we will explore how our masks live in our body and introduce the organising principles of centering to create awareness on how our somatic shape affects the behaviour and actions we take in our life.

SESSION 3: REVEALING OUR LONGINGS



In session three we will embark in a personal journey that will awaken you to what might have been buried by the expectations and challenges of life. This process will allow you to make contact with your deepest longings, the hidden self and take some first steps towards self integration.

SESSION 4: GENERATING OUR FUTURE THROUGH POWERFUL DECLARATIONS



Declarations are a commitment to a possible future. They have the power to move us into action, mobilize others and open new possibilities and new realities for us. In this session you will take steps towards declaring the future that you long for and embody the self that awaits you.



SESSION 5: HOW TO EMBODY OUR DECLARATIONS



We are what we repeatedly do, our declarations will stay at a level of an idea if we don't experience them in our body, if we don't practice them regularly. In this session we will turn our attention to embodying what we care about most and learn powerful practices that will help us bring our declaration to life.

SESSION 6: EMBRACING OUR MASK, WELCOMING THE NEW SELF



The process of integration of our own mask, our old historical shape, is a necessary step to fully open new paths and welcome the new self. In this final session we will come to embrace who we are, integrate with gratitude what has kept us safe and through a closing ritual claim our right to move powerfully towards our future.





Program dates & time

Wednesday's , February 10th – March 17th, 2021
9:30 – 11:30 ET / 15:30 – 17:30 CET / 17:30 -19:30 Istanbul time

Session 1: **February 10th**

Session 2: **February 17th**

Session 3: **February 24th**

Session 4: **March 3rd**

Session 5: **March 10th**

Session 6: **March 17th**



Facilitators:

Coming Back to Center Webinar Series will be led by
Gila Seritcioglu and Giulio Brunini (Co-founders)



GİLA ŞERİTÇİOĞLU

GESTALT & SOMATIC COACH, EXPRESSIVE ARTS THERAPIST

Gila Ance! Şeritcioğlu MA, REAT, CSC, MCC is an ICF-accredited Master Certified Coach in Turkey, and the founder of Increa Creative Coaching and Consulting. She offers a unique combination of 25 years' extensive experience in developing the human potential and performance of leaders and people of various walks as a Gestalt and Certified Somatic Coach, facilitator, expressive arts therapist, educationalist, and trainer.

She works locally and globally by supporting her clients to integrate their new awareness' and perspectives into their work and life experiences so that they may lead a more efficient and fulfilled life.

Gila is specialized in coaching top-level executives, teams, leaders, groups, and organizations. She has extensive experience designing and implementing tailor-made experiential trainings and workshops for organizations using creative techniques.

She coaches leaders as an awareness agent towards change and to support them to gain a stronger presence, new visions and perspectives on their challenges so that they can use them as opportunities to make a difference in the world.

Gila established KIDS preschool in 1991, and has been working with children and families to create greater impact as an educationalist, psychologist, supervisor, and leader. She co-founded the Gestalt Center for Coaching, whose flagship offering is the ICF-ACTP Gestalt Coaching Program, which she serves as co-chair and faculty.

She is a founder and trainer of the “Coming Back to Center” workshop series, held in Italy and South Africa, which aims to create awareness and an impactful leadership presence in individuals through a variety of experiential practices in nature.

She is a member and coach of the Global Coaching Network representing Turkey as well as a returning guest faculty at the HEC Global Executive Coaching Program in Paris.

Gila is married and mother of two girls. She lives in Istanbul.

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GIULIO BRUNINI

MASTER SOMATIC COACH

Giulio Brunini is a Master Somatic Coach who works primarily with senior executives on leadership embodiment programs.

Giulio was born in South Africa and grew up between Italy and London. He now shares his time between Istanbul and Tuscany where in the summer months, together with his wife, he runs an organic farm and has built a small Healing Hotel - dojobianco.com - from where he offers his somatic coaching and leadership embodiment programs.

Giulio brings a blend of cultures and experiences, a strong passion for nature, a curiosity and interest for personal journeys and self reflection and a belief that powerful and positive personal transformations happen as we choose to attend to the wisdom of the body.

Drawing on his own extensive corporate experience gained from working for over 15 years in senior positions that include CEO at a Universal Music/WPP company, Director at Yahoo! and Saatchi & Saatchi, Giulio has experienced first hand what it means to perform under pressure and offers highly effective somatic coaching that generate embodied and sustainable transformation.

Giulio has coaching certifications with the Strozzi Institute, Newfield Network, the Gestalt Center for Coaching, Asterys Italy and is an Associate of Mobius Executive Leadership. He is also an Ashtanga Yoga instructor and has trained to offer horse liberty work in the domain of leadership. In 2012, together with Gila Seritcioglu, he has co-created Coming Back To Center, a series of workshops aimed to generate embodied transformation for individuals, teams and organizations.

Please contact
Giulio at giulio.brunini@gmail.com or
Gila at gilaincrea@gmail.com for questions.



The cost of this live webinar series is £260 in total. A portion of the fee will be donated to 'Sounds True Foundation' in an effort to make the world better for all.



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