

Facilitator: Amina Abdulkadir

Duration: 180 minutes

With a minimum of six participants per workshop, it will be offered twice.

The Power of Voice Messaging: Navigating Vulnerability in a World of Multiple Crises.

The goal of the workshop is for you to self experience voice messaging as a tool in supervision, and to decide if it is for you, or not.

The first part is about learning and reflecting:

How do the world's current multiple crises create a new sense of vulnerability? How does this impact my professional self, my clients and our sessions? What are the benefits of voice messaging? What are my experiences with voice messaging, professionally and otherwise?

The second part is about self experiencing and reflecting:

How does voice messaging work as a tool? How can it help navigate vulnerability? How can it help regain a sense of agency? What does this mean for my own practice?

The Concept:

This is a highly interactive workshop about navigating vulnerability. Together we will create a space where participants are willing to share, listen and discuss openly.

Participants will work individually, in small groups and in the plenum, with documented conclusions along the way.

This workshop uses a mixture of digital presentations, audio files, pin boards, flip charts and voice messaging.

Previous knowledge is not required.

Profile

As a freelance coach, supervisor and organisational developer, Amina Abdulkadir is called «The Accomplice». She is a spoken word artist, a writer, and a member of the commission for admission and quality of the Swiss Union for Coaching, Supervision and Organisational Development.

Amina Abdulkadir holds a Master of Advanced Studies in Coaching, Supervision and Organisational Development and has worked in psychiatry for over ten years, with leadership roles for five years.

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