



Nicki Jordan is offering a workshop introducing:

Workshop title:

“Embodied Insight: Navigating the Ocean of Possibility through Somatic Awareness”

Duration: 90 Min minutes.

I’m offering my workshop twice: yes

The goal of the workshop is to explore the following:

- The ability to notice and track bodily sensations as sources of insight
- How to strengthen regulation and nervous system resilience in Supervision
- Explore how the Wisdom Model of Supervision can foster deep reflection and facilitate transformational learning for supervisees

The Concept:

This workshop explores the integration of the Wisdom Model of Supervision with Somatic Experiencing, focusing on the power of presence and reflection in supervision. Inspired by the conference theme, *An Ocean of Possibility*, this approach considers supervision as a dynamic, embodied process where insight emerges in small yet profound ways. Somatics offers a lens to view these moments as fractals—tiny openings for change that can be nurtured or diminished. Viktor Frankl’s insight, “*Between stimulus and response there is a space...*”, underscores the potential within these moments to shape growth and freedom. By fostering embodied awareness and reflective practice within a trusting supervisory relationship, we can create the conditions for meaningful transformation.

Learning outcome:

Gain knowledge of the nervous system's role in regulation and its connection to trauma and emotional responses.

Understand the key concepts of the Wisdom model of supervision and how they support reflective and transformational learning.

Develop skills to track and respond to physiological shifts in supervisees, fostering safety, trust, and attunement.

Increase awareness of one's own bodily sensations across different environments to enhance presence and self-regulation.

Explore practical exercises for integrating somatic approaches into supervision, supporting embodied reflection and learning.

Profile

Nicki Jordan is an integrative counsellor and cross-professional supervisor who works in not-for-profit leadership and has recently started training to become a Somatic Experiencing Practitioner with Somatic Experiencing Ireland. She also has a small private practice offering nurturing spaces to individuals, groups and organisations and has an interest in storytelling and transformational learning in supervision. Her website is caladh.eu.

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Origin Irish

Maximum 2 pages