

From Seed to Fulfillment: Personal and Community Dreams



A Seminar with Arlene Audergon and Jean-Claude Audergon

Dates: September 19-21 (3 days) 2014

Venue: University of London Union, Malet St, London WC1E 7HY, UK

This seminar introduces a theoretical and practical framework, linking inner awareness and outer action, your personal dreams and what you offer the world.

This seminar is now part of our Facilitation for Leaders Training. The idea originated when we gave two training events, 'From Seed to Fulfillment' in 2007 and 2010, which were supported by the European Union, Grundtvig. We were surprised by the enormous interest expressed, with hundreds of people contacting us, a very diverse group of people from throughout Europe, writing because they were drawn to this connection between how we can stay close to our deepest dreams, and contribute to the issues we face in community.

Sometimes the spirit goes missing. Social action loses courage, or a song loses soul. Most of us are happier and can better contribute to our community with tools and skills to reconnect with the original essence – what first called us – while getting on and honing our work, processing hurdles, tensions and getting results.

What you'll gain is a sense of connection to your self, your dreams, a congruence between who you are and what you do, how you express yourself in your work, and facilitate yourself and your project in relation to others, even in difficult situations.

In all our work, we have always been interested in this link between inner awareness and outer action. This is a hands-on seminar. It is useful for people involved in individual or team projects, in a variety of fields, whether working with people in health, social care or social action, or in design, technology or the arts. You might bring a project that is at any stage of its development – from almost a dream, to almost finished. It might be a team project you are working on, a project that is part of an organisational vision, or an individual writing or artistic project.

We will provide templates for working with this creative process at different stages, focusing on staying with the essence of the work, while working closely with details, technicalities, disturbances and blocks along the way as the project comes to life.

The three-day workshop will focus on:

- methods to track and facilitate the evolution of a project, from impulse through different stages to completion
- how to find creative pathways arising from project difficulties
- how to map a project and working internally on the outer problem, bringing the result back into the project
- how to work with feedback, opposition, forces that are disturbing and surprising twists and turns
- leadership patterns in project fulfillment
- how to recall the original impulse, vision or dream at the beginning of the project, and how to revisit that dream as a means of clarifying aims, objectives, targets
- the importance of rest, dreaming, gestation appreciating milestones at various points on the journey and evaluating work



From past trainings “What did you learn that matters to you?”

“One of the most striking things for me that I learned was how my actions – that may seem imperfect or insufficient to me – can have an effect on others and a feedback that is very strong and surprising. I also learned that concentrating and being aware of oneself for a moment, can help greatly to achieve a clear state of mind, in which it is somehow possible to make steps which seemed difficult or impossible before.”

“The most important thing for me is realizing that before I focus on saving the world or community, I need to focus on myself, find the issue in myself, find my self-expression, and the self-esteem needed to facilitate dialogue that will prevent the project from becoming blocked whether from inside or outside, helping it to fruition.”

“The variety and diversity of participants was extremely important to me. I felt blessed and secure, even though I was kind of shy. I love the way we learned from experience, the freedom this brought – to take my learning into my life, and realize its value for others.”

“Understanding rank and power dynamics was very helpful, I had the realization that there is nowhere to go and grow, if we don't embrace our roots, our personal and family history.”

Registration information:

This seminar can be taken on its own, or as the first module of the Facilitation for Leaders Annual programme. (If you are interested in the Facilitation for Leaders Annual training, please contact us or find information on www.cfor.info)

Please contact us on admin@cfor.info if you have questions about if the course is right for you, or to register. Please also contact us to find out about our Fellowship programme.

Fee: £400. ‘From Seed to Fulfillment: Individual and Community Dreams’

Registration with £100 deposit. We will send you an invoice. Contact us if you need information about places to stay in London

Savage Chickens

by Doug Savage



Jean Claude Audergon, Liz Phil I, and Arlene Audergon, PhD, are co-founders of CFOR, a charity devoted to facilitating personal and organisational awareness concerning diversity, conflict resolution and community development. They are also co-founders and lead the faculty of RSPOP UK. They work individually and as a team. Based in the UK, they each have a private psychotherapy practice, write, work with artists and facilitate within organisations.

CFOR's programmes: 'Beyond Conflict' focuses on post-conflict dialogue, violence prevention and community building; 'Europe Matters' facilitates dialogue on current topics in Europe, reckoning with our violent history while working towards our future as thriving multicultural societies; Training and Consultation including our 'Facilitation for Leaders' Annual Training Programme; 'Seeds'; a new programme, working alongside a few individuals who by way of working on their own personal and collective history are in a unique position to envision a different future for their communities.

Company 6302212, Registered Charity 1148661 www.cfor.info

Processwork or Process Oriented Psychology is a comprehensive theory and practice being applied to a broad range of psychotherapeutic, body-mind, conflict resolution and group and community facilitation applications. The approach brings awareness into the patterns structuring our interactions, including those parts that are normally unseen or disturbing, and which carry an inherent creativity and direction for the individual or group.