



3 days training – June 6 – 8, 2025

with Lene Wisbom & Ivan Raphael



Developing Emotional Intelligence



Self-Awareness:

How to recognise and label your own emotions in the moment.
Take ownership of your emotional state.
Being self-aware during emotional activation

Self-Regulation:

Techniques for managing and regulating emotions (e.g., deep breathing, re-framing).
Understanding how emotions influence behavior and reactions.

Empathy:

The nature of empathy – the skill of connectedness.
Developing the skill to empathise with other people's emotions.

Compassionate Communication & Improving Interpersonal Skills

- ❖ How to communicate emotions compassionately, responsibly and effectively using a variety of communication techniques.
- ❖ Verbal and non-verbal communication of emotions and understanding body language.
- ❖ Reflective Functioning as a relational skill that implies cognitive and affective empathy to acknowledge one's own and others' internal states and motivations.

Daily Programme

Working with the body, the emotional system and the mind, we will:

- ❖ Practise body exercises to get into the body memory.
- ❖ Acknowledge the body memory, make space for it to find the connections to regular behavior and beliefs and practise skills to change it.
- ❖ Learn to acknowledge small changes in our inner state.
- ❖ Have plenty of time for deep personal work.

Date: 6 – 8 of June 2025 **Time:** Friday 12-17, Saturday 10-17 and Sunday 10-14

Place: Adamslyst nearby Fjællebroen, Fyen, Denmark. **Max 8 participants.**

Price: 3.300 kr. **The first four to sign up:** 2.950 kr. Coffee, tea and other treats included.

Payment by submission: Wisbom ApS, Nordea, DK: Reg.nr: 2680 Kontonr: 9035581283

Transfer: IBAN number: DK1920009035581283, SWIFT/ BIC CODE: NDEADKKK, **Paypal:** Lenwis@

Questions and Registration: to wisbomlene@gmail.com

Registration is binding and payment is non-refundable.