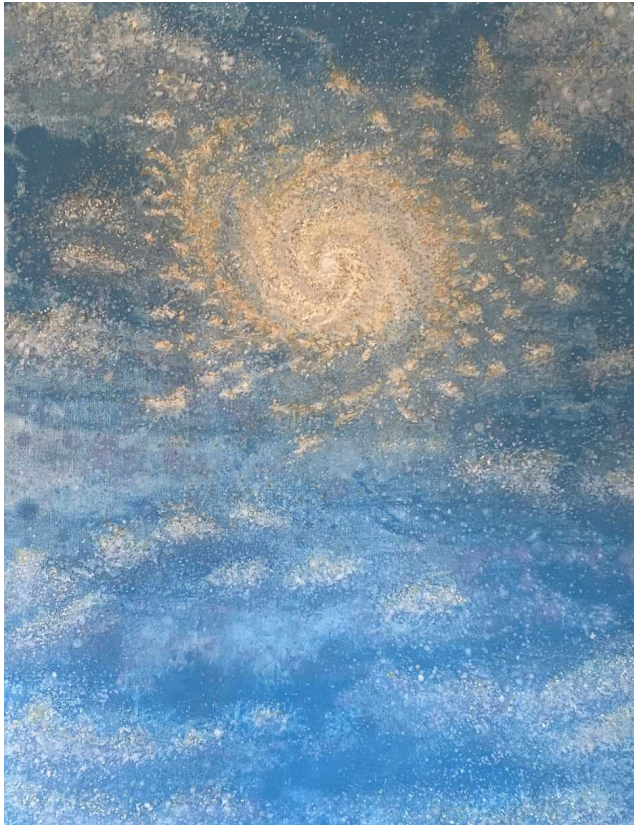


Self-Care - YOU are So Worth it

NEW Globally Diverse Themed Group Supervision Series

Starting 27th October 2023 on Zoom



“Engaging in Self-Care is about Self-Respect...it is all about taking care of yourself, making that stand and declaring that YES, YOU are important, YOU do Matter. Being your best self is part of what makes the world a better place.”

Arin Murphy-Hiscock.

“After the Covid Pandemic, 80% of respondents said they intend to be more mindful of regular self-care and 64% said they are concentrating on supporting their mental health more than ever before.”
Healio Survey, 2023.

As a human being who struggled with understanding the real value of self-care for over two decades, let alone prioritising it; and after several near-death experiences, several cycles of burnout, chronic lower back issues, stress and overwhelming experiences, as a result of not listening to the messages the universe was constantly sending me to wake up, I'm very pleased to confirm that I finally got it 🙌 You must be thinking wow, she as it all figured out, how lucky she is!

Guess what? The answer is no I haven't as I'm still a work in progress and will continue to explore self-care until I transition from this life time. But what I know for sure is that I woke up in 2020 during Covid and decided that I no longer want to continue living my life the way I've done so far and something had to give.

Since 2020, I've been consciously diving deeply into re-designing my wholehearted life and work with Self-Care at the heart of MY LIFE, Who I am and NOT just my “Just Be Week” that I used to book every now and then. I promised myself that I will put “Me” first and feel so awesome about it.

As a CSA accredited and trained coach supervisor, I consciously strive to be the guardian of my sacred temple so I can also serve my clients wholeheartedly.

Coming from this life experiential journey, and to cater for this emerging focus in life, coaching, mentoring and supervision, I decided to I'm start a new virtual group supervision series for coaches, mentors, supervisors, coach trainers and leaders who are curious to explore this for themselves and their clients. Here I am inviting diversity and global mindsets into our reflective learning space to dance with our life experiences where there is no right or wrong. Join us if this resonates with you! It's about time YOU put self-care at the heart of Who YOU are and how YOU lead your life.

The group will be for up to **6 people**, if you feel this is an area in your life you want to develop for you and your clients and/or your leadership practice. It's for those curious life seekers who would like to come together to pause, resource, rejuvenate, think, feel, breathe, move somatically, explore, imagine, dream, reflect and learn about Self-Care and how to prioritise it for their personal and professional development and growth, and anything else you feel might be useful for you to address in this group supervision session.

*“Self-care is any deliberate act YOU undertake that protects and nurtures your own physical mental, emotional and spiritual health. It doesn't just entail pampering. Instead, self-care encompasses a number of practices from eating healthy and exercising to becoming more mindful of embracing meditation.” **Claire Chamberlain***

We meet **6 x 3-hour** virtual sessions over the course of a year on zoom. Some of the themes you can bring and, but not limited to, the following:

1. I'm stuck in a rut my life; I am overwhelmed and not sure how to move from here.
2. Sharing your successes with some self-care techniques.
3. Exploring some common pitfalls, we all fall into as human beings.
4. Learning some practical tips and techniques about self-care and get some inspiration.
5. Exploring different aspects of self-care and where are you against each.
6. Sharing client cases where self-care supported your work or the opposite.
7. Resourcing yourself and feeling heard and supported.
8. Create your own self-care plan that works for YOU.

We will take a deep dive and explore emerging and recurring themes, give and receive feedback related to your self-care, client work and issues, reflect on your presence and being; and understanding self as the instrument of your work as a team coach.

*“What YOU put into your life is what YOU get out of it.” **Clint Eastwood.***

I want you to know that *“Everything is welcome”*. We will co-create and design how we want our learning space to be and what qualities it will embrace. And remember, we will be learning together so there is no expert in this reflective space, only universal wisdom shared.

My approach to Group Supervision

“Somewhere beyond right and wrong, there is a garden. I will meet you there.” Rumi



*“When I hire a supervisor, I want someone who will walk with me, and create a reflective space in which I can become curious and all aspects of my work. One way of describing what supervision does is to think of it as a process of **Reflection, Insight and Support**. Supervision enhances ‘seeing’- the seeing into one’s practice, the illumination of subtle processes in coaching conversations and of blind spots in oneself and in one’s thinking.”*
Edna Murdoch, CSA.

As I CSA trained and accredited supervisor, focusing on Relational Presence is at the heart of my supervision practice and Who I am as a supervisor, then comes the supervision tools and techniques. I draw upon a wide range of models and approaches. As an example, I use Peter Hawkins’ Seven Eyed Process Model and the Full Spectrum Model by CSA. As I am also an experienced Systemic Team Coach trained on Peter Hawkins’ methodology, I am always inviting my supervisees to reflect systematically and reflect on their strengths and blind spots. I am also a Gestalt trained coach, so I work with Gestalt principles in supervision, I use breathing, creativity, visualisation, journaling, constellation, group dynamics, reflective practice, transactional analysis, the drama triangle amongst other modalities and approaches.

As this group will come from diverse global regions and I’m based in Dubai, UAE (GST), these sessions will be scheduled from 14:00 – 17:00 GST (Gulf Standard Time).

Your Investment

The fee for each session will be **£180** per person, with a total cost of **£1,080** per person for the whole year. You will need to pay 50% at the start of the programme and the remaining 50% will be payable half way through the programme.

For more information, please contact Leila Rezaiguia at leila@kompasconsultancy.com

About Leila Rezaiguia



Leila Rezaiguia (PCC, ORSC, NLP, STC, EIA) is a multi-lingual CSA Faculty & Accredited Coach Supervisor, Executive & Systemic Team Coach, Coach Trainer and ICF Mentor Coach. She is renowned for her high energy, enthusiasm, passion, fun-loving nature, and her love for building connections, empowering and working with people from diverse cultures, with over 25 years in public and private sector across 5 continents. Leila lives between Dubai, UAE and Bodrum, Turkey.

As the co-founder of Kompass The Coaching Company and as the Head of Academy of Executive Coaching (AoEC UAE covering GCC and Levant), Leila believes that being the best coach, mentor and supervisor you can be is about being a wholehearted human being connecting with others at the human level. She strives to consistently connecting with her diverse clients by showing up wholeheartedly, so they connect with who they truly are as they co-create their sacred relationships and do the work together.

For that, she is commitment to:

- ✨ Practising Self-Care
- ✨ Uncovering her creative self
- ✨ Living a life in harmony with the ebbs and flows of nature's cycles and her own life cycles
- ✨ And examining her role and responsibility towards future generations

Through her coaching and supervision practises, Leila offers her diverse clients the same opportunity to pause, reflect and evolve into the next stage of their growth.

When she's not working, Leila is self-caring for herself, travelling, gardening, cooking, hosting, swimming and enjoying life.

*"Don't wait until the conditions are perfect to begin. Beginning makes the conditions perfect.
Do what YOU can, with what YOU have, where YOU are."*

Theodore Roosevelt

