



Living with uncertainty: two Systems-Centered® workshops on Zoom 14 & 15 June 2021

We're living in times of global uncertainty. This impacts on us in all contexts – work, home and as citizens of the world. These two Systems-Centered workshops offer opportunities to explore this reality and our reactions to it.

For people:

- Working in therapeutic, clinical, coaching and community settings
- Working in or with organisations
- Wanting to build living human systems anywhere

Both workshops are open to newcomers and those familiar with Systems-Centered work

CHOOSE FROM

Living with not knowing: Using the Foundations of Systems-Centered work

Led by Madeline O'Carroll and Juliet Koprowska

This workshop is an introduction to the foundations of SCT. Combining theoretical understanding and the SCT method of functional subgrouping, the workshop will allow us to explore human responses to 'not knowing' such as anxiety and frustration.

We will use Systems-Centered theory and methods to discriminate between the realities that we can't change and our automatic reactions, which we can learn to change.

Through experiential work in the here-and-now microcosm of the group, we will pay attention to our reactions and explore alternative pathways using our curiosity.

The workshop will include theoretical input, skills practice and experiential work, and allow us to make connections with ourselves and one another.

Working with uncertainty in organisations: the Systems-Centered approach

Led by Rowena Davis and Annie MacIver

This workshop will explore the impact of uncertainty on our leadership and membership roles at work. What helps and what gets in the way of fully inhabiting our authority in our leader/member roles?

We will:

- Use the Systems-Centered method of functional subgrouping to explore our reactions to uncertainty and its impact on us in our work roles
- Practise undoing our anxiety to become more curious at the edge of the unknown
- Use Systems-Centered theory and practice to move from personalising our experience to seeing the impact of the wider context
- Discover what helps and what gets in the way of supporting ourselves and others to take up systems leadership and membership in uncertain times



WORKSHOP LEADERS

Madeline O'Carroll, MSc, RMN is a Senior Lecturer in Mental Health Nursing with extensive experience of delivering innovative training programmes in education, clinical and organisational contexts. She has used SCT methods in therapy groups and facilitated groups to support students and staff. She is a Senior Fellow of the Higher Education Academy, a Licensed Systems-Centered Practitioner and leads SCT training in the UK and USA and is a Director of SCTUK.

Juliet Koprowska, MSW, has extensive training in Systems-Centered theory and practice. Formerly a Senior Lecturer in Social Work (University of York), she now works independently leading SCT groups in the UK, Europe and the US and offering individual and group mentoring. She is author of Communication and Interpersonal Skills in Social Work, published by Sage, a Director of SCTUK, a member of the SCTRI Board and a registered social worker.

Rowena Davis, MSc., is an organisational consultant working with private, public and not-for-profit organisations internationally, coaching individuals and teams, and facilitating change and leadership development. She runs SCT and SAVI[®] trainings in the US and Europe. She is a licensed Systems-Centered practitioner, a certified SAVI trainer, a Director of SCTUK and a member of the Systems-Centered Training and Research Institute Board.

Annie MacIver, MA, is an organisational consultant, trainer, and coach working in the public and private sectors. She has applied SCT to build effective teams and partnerships as a senior leader in large public sector organisations. She is a licensed Systems-Centered practitioner, a Director of SCTUK and a member of the SCTRI Board. She has an MA in Consultation and the Organisation and is a qualified Social Worker.

FURTHER INFORMATION AND REGISTRATION

FEES **By 17 May 2021:** SCTRI members – £350; Non-members – £400

From 18 May 2021: SCTRI members – £395; Non-members – £445

We offer a limited number of financial hardship places. Please email info@sctuk.org if you want to apply for one of these.

REGISTRATION **Online at:** www.sctuk.org/online-june-2021
Places are limited so apply early!

VENUE **Online Zoom:** Link will be sent to all participants

TIMES FOR WORKSHOPS (UK times) **14 & 15 June 2021:** 09.15 UK time – Join the link and check technology is working
09.30 – 12.30 Work (with a break)
12.30 – 14.00 Lunch
14.00 – 16.00 Work

QUESTIONS? **Contact SCTUK at:** info@sctuk.org

These workshops are sponsored by Systems-Centered Training UK

Learn more about SCT UK and Systems-Centered Training at www.sctuk.org and www.systemscentered.com

Annual Systems-Centered Training Week in York, England, 13-17 September 2021.

For information, visit www.systemscentered.com or email Juliet Koprowska at juliet.koprowska@sctuk.org