LIP Coaching
observing what is

The world in which we live

The life integration process (LIP), consciousness & systems constellations.

Fontainebleau
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Facilitator: Thomas Gessner

Graduate theologian, ex-carpenter and -vicar. Lecturer for systemic constellations (with the German professional association – DGfS) student and colleague of Wilfried Nelles. He works as an independent consultant, coach and systemic constellator.

Organisation: Coen Aalders

Dutch change and transition executive, consultant and coach. He holds a master's degrees in law and is INSEAD EMCCC alumnus (wave 3) and student and colleague of WIlfried Nelles

What is the life integration process?

The Life Integration Process (LIP) is a new form of therapeutic work with constellations. Unlike family or system constellations, it is not about relationships with other people or the place and role in a system, but only about you and your inner attitude to yourself. The constellation is set up in accordance with the (seven) stages of life and consciousness described therein. These stages result from Wilfried Nelles' theory of the development of human consciousness.

The LIP is based on the insight that our life is completely without alternative to everything that has happened in it, and that in this sense everything is "right" as it is and as it was. Further, it follows the realization that the past does not exist, except in our heads. The past is what has passed, and when it has passed, it no longer exists. Everything that exists is now. The past burdens us only to the extent that we (often unconsciously, for example as a result of trauma) have not realized deep down, that it is over. Or because we give it a meaning since we do not want to let it go. Therefore, the entire focus of the work lies in the now. We look at earlier stages of life (time in the womb, childhood and adolescence), but only in the sense that we internalize what is revealed (that is, take in without any change). The cause of our problems is not seen in the events themselves, but solely in what they now stand for.

The unborn, the child and the adolescent and their history are left as they were - without regret, without reproach, without remorse, without shame. In this relaxation process integration becomes complete. The adult client comes to terms with how he/she is today and with everything that has led to it. At the same time, he/she gets in touch with what is laid out in his/her very own, original potential, and the way in which this potential can unfold in full.

In this workshop we will also apply the life integration process to organisations and society at request

Benefits for coaches and executives

A self-awareness that is sharpened and relaxed at the same time can have a strengthening and relieving effect. For example, in the balance between a company's strategic challenges, day-to-day business and your own vocation and personal life.

In addition, LIP opens up a new inner perspective of the self, and of others This improves the contact with employees, business partners or clients, but also with significant others. In view of the underlying dynamics and unconscious structures within work and personal life, this opens up entirely new perspectives.

"We are no longer looking in the past for the causes of today's problems. And we are no longer looking for solutions in the future. Only the present brings freedom and maturity."

Location
Because we assume CCC alumni know the way to Fontainebleau and like to visit Fontainebleau again and meet CCC peers in a new but similar atmosphere we have organised this workshop at:
Ecole Nationale Supérieure des Mines
35 Rue Saint-Honoré, 77300 **Fontainebleau**

Costs
€ 575,-- for a three day workshop. Early birds, before July 1, 2020: € 495,--

Registration
Registration through Coen Aalders.
mailto: coenaalders@outlook.com
Mobile Phone + 31 6 52052639.
Registration is only valid after payment.
www.coenaalders.nl
www.lip-coaching.com