

# Suzi Mackenzie – Counselling, Supervision and Focusing Training



## Focusing – a tool for self-care, exploration and growth

### Online offerings in January and February 2021

As we continue through difficult and uncertain times you may be searching for something to look forward to in the New Year and wanting to make an investment in yourself. You may want to get some sense of movement around your work, relationships with others or with yourself. See below for courses around all of these areas, plus one of my regular Introduction to Focusing courses. Focusing is a great process for unlocking the wonders that you already have inside you to help you move in the way you need to.

**An introductory course in Embodied Authentic Confidence in your Career - Dr Anna Kane and Suzi Mackenzie**  
**12:30-2:30 Thursdays 21st & 28th Jan, 4th & 11th Feb - Early bird rate £150 (Regular price £200 from 1st January)**  
See <http://www.suzimackenzie.com/embodied-authentic-confidence-in-your-career.html> or **next page for more info**

Want to feel more confident in your work? Want to be clearer on what's in the way and what can support your personal growth? Want to grow your business and weather these challenging times? This course will give you a solid introduction to Dr Anna Kane's research, and how tuning into an embodied sense of key areas such as your competence, authenticity and connectedness can affect your confidence in your career. These are experiential workshops, drawing on the practice of Focusing to guide you to connect with an embodied knowing of what you need. Dr Anna Kane is a Coaching Psychologist and Chartered Occupational Psychologist. Her PhD research was on understanding what confidence really is, so she is literally a doctor of confidence!

#### **Focusing on Relating and Relationships – Fri 22<sup>nd</sup> Jan 12.30-2.30 - £25**

Our embodied experience plays a crucial part in our way of being in the world, and our way of being in relationships. Explore your own experience of the relationships in your life and the role your body plays in the way you relate to others. Experience how a Focusing approach may enrich your way of relating and open new possibilities.

#### **Focusing with our Inner Critic – Sat 13<sup>th</sup> Feb 10.30-12.30 - £25**

Our critical voices can have a huge impact on us, making us feel bad and preventing us from doing what we want to do. Explore the presence of inner criticism in your life and through a Focusing approach learn how to work with your critic to feel better, move forward and enlist the support of your critic.

#### **Introduction to Focusing – 12.30-2 Thursdays 25<sup>th</sup> Feb, 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> Mar £60**

What is Focusing? What is the felt sense? You will be introduced to the Focusing process and the particular way of Focusing Listening. This highly experiential workshop will help you learn to listen to your body and trust the wisdom it can share with you. After this series you can go on to do a second part of the Intro and/or the BFA Skills certificate in Focusing.

#### **One to One Guided Focusing Sessions – usual fee £50**

Tailored to your individual needs, no experience necessary. You may want one to one teaching to learn self-guided Focusing or to just sit back and be guided through the process for support, grounding and exploration. The Focusing process can be used to help you develop a kinder inner relationship and is a great way to explore a decision and invite positive change into your life.

#### **CONTACT ME TO BOOK AND FOR MORE DETAILS**

<http://www.suzimackenzie.com/focusing---short-online-courses.html>

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## An introductory course in Embodied Authentic Confidence in your career

*On Zoom with Dr Anna Kane and Suzi Mackenzie*

12:30-2:30 Thursdays 21<sup>st</sup> & 28<sup>th</sup> Jan, 4<sup>th</sup> & 11<sup>th</sup> Feb 2021

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- Want to feel more confident in your work?
- Want to be clearer on what's in the way and what can support *your* personal growth?
- Want to grow your business and weather these challenging times?

This course will give you a solid introduction to Dr Anna Kane's research, and how tuning into an embodied sense of key areas such as your competence, authenticity and connectedness can affect your confidence in your career. Learn how your mindset either enhances or depreciates your confidence; how you can work with loss of confidence to come out feeling more confident; and how to recognise and make the most use of it when you are working with confidence. These are experiential workshops, drawing on the practice of Focusing to guide you to connect with an embodied knowing of what you need.

Dr Anna Kane is a Coaching Psychologist and Chartered Occupational Psychologist. Her PhD research was on understanding what confidence really is, so she is literally a doctor of confidence!

Suzi Mackenzie is a Focusing Teacher, Person-Centred Counsellor and Supervisor. She embraces all things Focusing!

**Places are limited, so book early to avoid disappointment.**

Email Suzi [suzimac55@hotmail.com](mailto:suzimac55@hotmail.com) to book your place.

Get in touch with Anna [anna@zestpsychology.com](mailto:anna@zestpsychology.com) or Suzi [suzimac55@hotmail.com](mailto:suzimac55@hotmail.com) with any questions.

We look forward to seeing you!

### Course overview

**Week One:** Overview of the Authentic Confidence model and the research behind its development. Learn the basics of sensing into the body. Explore the three components of Embodied Authentic Confidence.

**Week Two:** Insight into how your mindset affects your confidence. Learn to Focus in pairs. Exploration of enhancing and depreciating mindsets.

**Week Three:** Insight into the downward spiral of confidence. Working with our inner critic and dealing with difficult feelings.

**Week Four:** Insight into the upward spiral of confidence. Drawing on connection with the wider body and exploration of potential movement and articulation.

- Each week involves a mix of theoretical content, experiential practice and group sharing.
- There is potential for booking supplementary one to one sessions with Anna or Suzi (extra fee payable).
- Supplementary handouts provided.
- Enjoy the support of an ongoing cohort.
- Two experienced facilitators.
- Option to complete four day Embodied Authentic Confidence in your Career course in future.