

Det lösningsfokuserade nätverket inom Samordningsförbunden i Västmanland bjuder in till nätverksträff med temat:

Resilience

- konsten att "gå med ett flyt" i tuffa tider med förändring!

14 april 2015 kl. 9.00-16.00 Kyrkbacksgården i Västerås

Ledare för dagen: Anton Stellamans och Liselotte Baeijaert erfarna Lösningsfokuserade utbildare från Belgien och författare till boken *Resilient People, Resilient Teams*.

Så här beskriver Anton och Liselotte hur resilience hänger ihop med och förstärks av ett lösningsfokuserat förhållningssätt:

We see a close connection between the Solution Focused approach and Resilience. Resilience is the art of going with the flow of change, of facing obstacles (or challenges) and of discovering growth opportunities. When you are trained to use the Solution Focused approach in your daily interactions and especially at work, you will experience that your teams and your organisation thrive better and find better ways to deal with problems.

What is so typical about resilient workers? Being caught in the midst of rapidly changing and turbulent times, resilient workers are able to acknowledge and face the difficulties. They stay focused on new opportunities that arise and make use of what is there: resources, know how, skills, strengths and assets. They find out what is necessary to survive and adapt to the new situation and needs. They work with what works and change what is no longer working in a very co-operative, constructive and straightforward way.

Ledarna kommer att prata engelska. I övningarna växlar vi över till svenska. För frågor om dagen och dess innehåll hör av dig till Sussan Öster: sussan.oster@ltv.se telefon: 070-52 41 21.

Anmälan inkl. ev. allergier till:
Ann-Kristin Ekman
Samordnare
Samordningsförbundet Västerås
ann-kristin.ekman@vasteras.se
Senast den 2 april.

Nätverksträffen är kostnadsfri för Dig
Kaffe fm och em ingår
Lunch på egen hand

Läs mer om Liselotte och Anton på nästa sida

Varmt Välkommen!





Liselotte Baeijaert

Liselotte ('63) is a Solution Focused change practitioner, facilitation expert and executive coach. She has over 23 years experience in global businesses, including financial services, pharmaceutical industries, executive environments. She also worked for non profit organisations, schools and universities. She has operated in restructuring processes, growth, and talent management projects.

As a business owner, Liselotte co-creates process driven change with executives and teams, aligning overall sustained behavioural change with strategy. She has designed and facilitated both small and large scale interventions, and she coaches leaders and executives in different work environments.

She holds university degrees in philology (literature and linguistics), drama and pedagogical skills (University of Louvain, Belgium) and completed courses in Gestalt Coaching and Counseling, NLP, R.E.T., Solution Focused Management and Coaching and several specialised leadership, facilitation and personal development programs.

Liselotte has worked with many cultures, especially in Asia and Europe.

Liselotte is married and has three children. In her spare time, she likes going on trips, reading, hiking, enjoying life and hanging out with friends.



Anton Stellamans

Anton Stellamans ('73) is a solution focused coach, trainer, speaker and consultant. He co-founded Ifaro with Liselotte Baeijaert in 2007. Anton has many years of experience on executive level in global profit (finance, pharma, food and manufacturing industries) and not for profit organisations (international ngo's, schools, universities). In his work he engages his clients in lively conversations about what's wanted and what is already happening that can be used to move forward.

He holds 2 MA degrees in Philosophy and History and a degree in pedagogical skills (University of Leuven) and complemented his academic studies with a 4 year training in Solution Focused Brief Therapy and Coaching at the Korzybski-International Institute. Since 2011 he is also engaged as a member of staff and trainer at that institute. Before establishing Ifaro, Anton worked at the Center for Peace Research and Strategic Studies of the University of Leuven. He did field work in Northern Ireland and hosted several peace conferences in Kosovo and RDCongo. He continues to improve his teaching, coaching, management & leadership skills through workshops, conferences and peer learning.

Anton is co-editor of InterAction, the Journal for Solution Focus in Organisations. Together with Liselotte Baeijaert, he wrote a book on resilience (Vergroot de veerkracht in jezelf en je team) that has been translated and published in English and German.

