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## Experiential, Bioenergetic (Body/Mind) Workshops for Organizations



Customized workshops for organizations, leaders, and teams that foster self-awareness, well-being, and self-care by integrating body/mind awareness and experiential exercises. We will focus on expanding creativity, building teamwork, increasing understanding, and heightening communication skills. Workshops can also include tools for releasing stress, negotiating, and resolving conflicts.

The workshops will involve getting out from behind the desk and meeting oneself in a body-based, grounded way. We will then meet each other to explore verbal and non-verbal interactions. The workshops include creativity and fun as we practice tools for releasing stress and working collaboratively in new ways. We will also emphasize respectful communication to build understanding, empathy, and clear assertions of personal boundaries.

The workshop package may include planning with leadership before the workshop to design a program that focuses on addressing specific challenges, goals, and desired outcomes.

Sample topics include:

- Tuning in, listening, and attending to one's body and mind to improve work/life balance and inform decision-making
- Communicating more effectively by integrating body-based awareness and information
- Leadership skill enhancement utilizing body/mind tools
- Strengthening personal boundary messages incorporating verbal and non-verbal communications
- Conflict resolution and team building through body/mind explorations
- Body/mind wellness through tools of Bioenergetic Analysis, including exercises for grounding, deepening breathing, and working with emotions
- Exploring interplay and understanding: self and others - body and mind
- Expanding emotional intelligence as a body/mind experience, including understanding one's own emotions and those of others and developing resources for enhanced empathy
- Deepening connections among team members and within leadership

Leader Bio:

Laurie Ure (she/her) brings over 30 years of experience providing mental health and executive coaching services, helping individuals and organizations flourish in the workplace. Her skills aid executive leaders and their team members to create balance, creativity, and agility in business environments. Her work experiences have included local, national, and international webinars, seminars, and trainings. Additionally, her trainings have been co-sponsored by:

- MA chapter of the National Association for Social Workers
- The Family Medicine Residency at Beverly Hospital
- The Academy of Therapy Wisdom
- MA chapter of Bioenergetic Analysis (MSBA)
- International Institute for Bioenergetic Analysis (IIBA)

Laurie Ure is the Director of the MA Chapter for Bioenergetic Analysis (MSBA), which organizes conferences and training for psychotherapists and leadership coaches in the United States and Internationally. She is a faculty member of the International Institute for Bioenergetic Analysis.



## Sample workshop schedules

Half day workshop:

1 - Introductions, welcome, building a group container:

- Teaser opening
- Sharing among group
- Create group safety and ease

2 - Expanding self-awareness as an integrated body/mind experience - combining information and experiential exercise:

- Overview of the link between workplace decisions and tasks as it relates to the body and mind
- Practice: noticing body sensations and exploring them
- Group Discussion
- Body-based stress relief tools

3 - Skills for effective communication:

- Listening to self and other
- Practicing reflective responses
- Body experience exploration

4 - Grounding education and exercise:

- Overview of the significance of grounding for self-confidence, self-assertion, and personal stability
- Grounding exercises individually - in a chair, standing
- Q & A with comments and discussion

5 - Personal boundaries in the workplace personal life:

- Description of boundaries as transactions at the point of contact
- Boundaries: both setting limits and reaching out
- Role of both verbal and non-verbal interactions in communications
- Significance of negotiations in transactions
- Group participatory practice exploring non-verbal boundaries
- Discussion of exercise

- Work with an individual volunteer as time allows
- Discussion of specific boundary communication challenges

5 - Wrap up and closing

Full-day workshop:

Afternoon -

1 - Overview of the impact of expectations on communications in relationships:

- Group discussion
- Personal reflection and journaling
- Sharing in pairs

2 - Interplay of emotional responses, expression, and stress - verbal and non-verbal:

- How chronic muscle tension inhibits emotion and expression
- Impact on unconscious breathing patterns
- Relation to energy and productivity
- Exploration of body-based stress relief tools

3 - Managing emotions and communications in work environments:

- Exploring responses to emotions
- Discussion of challenges regarding emotional responses
- Experiential exercise to practice non-judgemental listening to self/others

4 - Understanding differences in relational patterns in leadership and teams:

- Education about the impact of family-of-origin experiences
- Discussion of effects on expectations in relationships
- Exploration of challenges
- Demonstration
- Discussion

5 - Wrap up and questions

I look forward to working with you and your team!