



Living in Uncertainty

Offered by Ines Mazarrasa and Kimberly Hunn

It is our nature to live in uncertainty and adapt to shifting conditions. We all have the capacity to be resilient when faced with extraordinary change. What we haven't cultivated is an awareness and ability to be in relationship with the unknown and align our body, mind and spirit with new realities. Our presence in times of uncertainty is vital to the way we navigate through it. Perspective, engagement, courage and trust are our companions along the journey.

This one-day workshop is an opportunity to take a journey into the unknown, using your own story as a compass. We will practice the skills needed to trust your instincts and listen to your inner voice. Through facilitated dialogue, somatic learning and creative design process, you will learn to become more comfortable with what is beyond your control and more energized to live with uncertainty as a necessary part of advancement and sustainable development.

When: Friday, July 25, 2014

Place: London E5 9NB

Time: 9:30-5:30

Price 120 £ / 150€ includes light lunch and refreshments

Ines Mazarrasa, ACTP Master Coach in Body and Movement and Founder of Workcilia

The constant changes in my life, my values and passion led me to build the person I am today and the variety of ways I can act on. Moving from multinational corporations to my business project brought me valuable learning to sustain uncertainty. Fear was my great unknown and became my greatest ally. I have learned to unveil its meaning and to sustain it with the body. Living in uncertainty without fear has made me stronger and now I enjoy knowing how to generate significant change for myself and others with a greater sense of lightness.

Kimberly Hunn, MCC

Living abroad and being an entrepreneur most of my life has given me the opportunity to learn how to transform the creative power of uncertainty into meaningful work and caring relationships. It is not easy to shake ourselves from the fear of the unknown but, once we realize that change does not destroy us but actually becomes the impulse for growth and expansion, we can move into our creative nature in peace.

For more information, please contact:

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