



Cultivating **JoyBeing®**  
in a Changing World




Connecting to our Inner Strength  
for Greater Wellbeing and Impact



*When we are joyful, we smile, our hearts open, we feel connected and engaged and at peace. We are awake and present and thrilled to be alive. This way of living life we call “JoyBeing®”.*




 **How would your life look if you experienced more joy and wellbeing or “JoyBeing®” every day?**

 **When joy becomes a habit, life flows each day with ease.**

 **Are you choosing joy each day?**

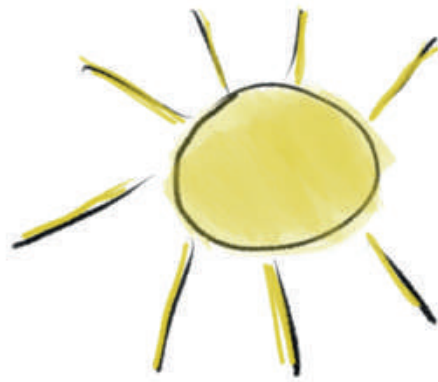
 **How would your life be different if you chose to experience joy at work, home, in your relationships and in everyday life?**

  
**Children laugh approximately  
300 times a day, while adults laugh less than 5 times.  
What do you need to connect with your playfulness?**

Joy is a critical and essential component of wellbeing. **JoyBeing®** is our process for ensuring that joy is awakened and always present for a healthy and fulfilled life.

**JoyBeing®** is a way of experiencing joy in all areas of your life. It is a state where we are physically, emotionally, mentally and spiritually present and intentional about the choices we make. It is a presence we choose where we create, reflect, use and attract positive energy.

*What would be different in your life if you moved from a place of JoyBeing®?*



This live experiential **virtual course** aims to **create awareness** and support leaders and people from all walks of life. You will engage in a process to **reconnect with the energy of aliveness and wellbeing** and be open to **positively influencing others**.

This course will enable you to use your internal resources to **make intentional choices** that will lead you **to a powerful presence** and **fulfilled life** that will positively influence others for greater impact.

You will learn practices and experience processes that will support your wellbeing on this journey towards **bringing more joy and aliveness into your life**.

The course includes **experiential processes, guided meditations, practices** and an **interactive environment** for connecting, **sharing and learning together**.



## *Who is the program for?*

**We are the leaders of our lives** and the way we choose to be present each day influences the impact we create in the world.

This course is for **people who want to experience wellbeing** and **reconnect to joy** in order to make a difference in their world and the lives of others.

As a leader, professional, coach, parent or influencer you will explore your patterns of joy and discover your path towards developing a new mindset through experiential practices.

We tend to think that joy is dependent on external circumstances such as when we achieve a goal or when we have a better job or relationship or even after a big purchase such as a home.

We all have habitual patterns that create stress and deplete our energy. While these habits may have once served us, today we can build new neural pathways that support us to create a fulfilling life since joy is an internal experience and is not dependent on external circumstances.

 ***Are you aware of your habitual patterns that limit joy?***

 ***What practices might serve you to create more joy in your life?***

***If you want to explore these questions and discover your JoyBeing® then this workshop is for you.***



## ***Benefits of this experiential program***

- Experience **JoyBeing®**
- Learn new practices that will connect you with inner joy
- Become aware of what gets in your way of experiencing **JoyBeing®**
- Let go of patterns that are no longer serving you
- Create a trusting environment that welcomes possibilities for joyful exploration and expression
- Develop a joyful mindset
- Cultivate new habits that support **JoyBeing®**
- Set a clear intention of your vision for a joyful life
- Develop a practice to support your experience of **JoyBeing®**



## ***Format***

**Two-hour, interactive experiential virtual sessions** on Zoom, for 6 consecutive weeks.

### **Sessions include:**

- Centering experiences
- Experiential processes to embody joy and aliveness
- Interactive and reflective exercises
- Practices to reinforce connecting to joy
- Teachings that include diverse perspectives
- A workbook to support the learning
- A rich environment of sharing
- Daily practices to explore **JoyBeing®**



## ***Content of the Program***



### **SESSION 1: EXPLORING JOY AND ALIVENESS**

In this session, you will explore the meaning of joy and how it is different from happiness. You will go deeper in exploring where joy and aliveness lives in you and how to easily access it. You will learn practices to support you in staying connected to joy.



### ***SESSION 2: UNDERSTANDING EMOTIONS***

In this session, you will explore the meaning of joy and how it is different from happiness. You will go deeper in exploring where joy and aliveness lives in you and how to easily access it. You will learn practices to support you in staying connected to joy.



### SESSION 3: THE POWER OF BEING PRESENT

**JoyBeing**® lives in the present moment. You will learn a model that will allow you to be centered, present, open and connected with purpose. You will learn and experience practices that will enhance aliveness.



### SESSION 4: RECONNECTING WITH THE CHILD WITHIN

In this session you will focus on reconnecting with your child within to experience joy and creative flow. From a centered presence you will contact, listen to and appreciate this part in you with curiosity and non-judgment. As leaders, you will explore the power of reconnecting with the playful and creative energy that inspires others.



## SESSION 5: IDENTIFYING OUR HABITUAL PATTERNS & TRAPS THAT LIMIT JOYBEING®

In this session you will explore your inner critic and how unconsciously you strengthen this voice and give it more power which does not always serve you. You will identify your habitual patterns that limit you and learn an awareness tool that will support you in connecting to joy and aliveness.



## SESSION 6: CONNECTING WITH THE JOY OF THE FUTURE SELF

In this final session, you will focus on your commitments and create an action plan for enhancing joy and aliveness. You will strengthen your support mechanisms which include daily practices to sustain **JoyBeing®**



## *Who are the facilitators?*



We, Ann and Gila, met over 15 years ago, each from different ends of the world--Chicago and Istanbul. We discovered we both had the intention of experiencing more joy and aliveness. We joined together on this mission and have explored many avenues. This is how “**JoyBeing®**” came to life. We continue to explore and expand how to live life from a place of **JoyBeing®**. This experiential course reflects our learnings and our deep experiences of living joy. We are excited to share and explore what is possible for you.

Ann grew up in a family where she had many responsibilities and “working hard” became her way of being as a child which narrowed her window to experiencing joy. She chose the path of exploring curiosity and compassion to be open to joy. She is committed to experiencing **JoyBeing®** and openness for herself and others.

Gila means joy in hebrew. Gila has been hearing her name called more than a million times throughout her years. Part of her journey of self-discovery has been a search towards giving life to joy, embodying her name and working towards creating a life of **JoyBeing®**



## ***Our professional experience:***



**Ann Van Eron**

**Ann Van Eron, Ph.D., MCC** is founder of Potentials, a global coaching and organization development consulting firm with over 30 years experience coaching leaders and working with teams and organizations all over the world.

Ann supports people in having open-minded conversations for unparalleled results using her tested OASIS Moves® process. She creates team and organization environments of respect and dialogue that facilitate achieving goals.

Ann develops experiential programs for leaders and organizations. Clients include Fortune 100 companies, government and nongovernmental organizations and privately held organizations.

Ann is the author of *OASIS Conversations: Leading with an Open Mindset to Maximize Potential*. She is certified as an IFC Master Coach and somatic coach and other modalities and has a doctorate in Organization Psychology from Columbia University. Ann lives in Chicago.

[www.Potentials.com](http://www.Potentials.com) and [www.OASISConversations.com](http://www.OASISConversations.com)

## *Our professional experience:*



**Gila Ancel Şeritçioğlu**

**Gila Ancel Şeritçioğlu, MA, REAT, CSC, MCC** is an ICF-accredited Master Certified Coach in Turkey, and the founder of Increa Creative Coaching and Consulting. She offers a unique combination of 30 years' extensive experience in developing the human potential and performance of leaders and people of various walks as a Gestalt and certified Somatic coach, facilitator, expressive arts therapist, educationalist, and trainer.

She works locally and internationally, specializing in coaching top-level executives, teams, leaders, groups, and organizations. She has extensive experience designing and implementing tailor-made experiential trainings and workshops for organizations using creative techniques. Gila established KIDS preschool in 1991, and has been working with children and families to create greater impact as an educationalist, psychologist, supervisor, and leader. She co-founded the Gestalt Center for Coaching, whose flagship offering is the ACTP Gestalt Coaching Program, which she serves as co-chair and faculty. She is a founder and trainer of the "Coming Back to Center" workshop series, held in Italy and South Africa, which aims to create awareness and an impactful leadership presence in individuals through a variety of experiential practices in nature. Gila lives in Istanbul, is married and the mother of two daughters.

Visit <http://www.gilaseritcioglu.com> Contact Gila at [gilaincrea@gmail.com](mailto:gilaincrea@gmail.com).



## **D A T E S**

**Mondays, October 18 – 22 November, 2021**

**11-13 am ET/ 5-7 CET pm/6-8 pm İstanbul time**

Session 1: **18 October**

Session 2: **25 October**

Session 3: **1 November**

Session 4: **8 November**

Session 5: **15 November**

Session 6: **22 November**



JoyBeing

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