

# Potent Alchemy

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## Potent Alchemy

... **simplicity** in complexity ... **possibility** from improbability ... **adaptability** from  
**fixidity**

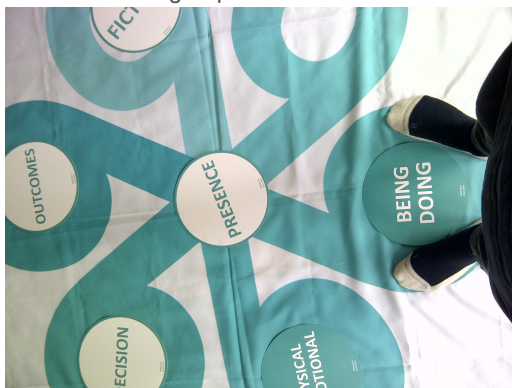
### Stillness in Motion

**Motion without stillness is driven-ness. Stillness  
 without motion is stuck-ness.**


**Stillness in motion; and motion in stillness is  
*Presence in action***

#### The Call for Change


As I was reflecting on my exhaustion in the lead-up to Christmas, I pondered on my propensity to keep moving - to not want to 'stand or sit still'. I realised how driven I had become - rarely taking time to simply 'Be'. I was drained and in need of replenishment. I had had nearly two months travelling away from home working on various training courses and then delivering workshops at the EMCC conference in Athens and at a small conference in Trowbridge run by 'Inspired to Learn'. In each of my workshops I was introducing people to new ways of seeing, understanding and working with the complexity of the dynamics in human systems. This was a big deal for me because it included publicly launching the Potent 6 Constellation - a framework that makes it possible to work with and transform the unhelpful patterns that play out within and between individuals and groups.



The core elements of this framework arose out of my masters research and final MBA thesis in 2000. And after 13 years of testing, honing and integrating my learning about complexity sciences, the shape and form

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### Breakthrough Training for Coaches, Facilitators, Leaders & Therapists

✿ **Embracing Complexity  
 (1 day)**

✿ **Systemic Coaching - The  
 Potent 6 Constellation  
 (3 days)**

#### 2014 Dates:

**16, 17-19 January**

**10, 11-13 April**

**11, 12-14 September**

**11, 12-14 December**

#### Venue:

**Edinburgh, Scotland**

**Details available on booking**

**To find out more + register,  
 click ==> [Eventbrite](#)**



**At the heart of a**

and ways of working with the Potent 6 Constellation finally have become clear. SO, after an incredibly long gestation, the closing months of 2013 have been a time of birthing and emergence - ready for the next phase of generative manifestation in the big wide world!

### Time to Share and Learn

So it was with deep delight that in November/ December I was able to deliver the first cycle of my two workshops: 'Embracing Complexity' and 'Systemic Coaching' in The Cabin, in my garden in Edinburgh. This beautiful, simple space nestled in the shade of adjacent trees, surrounded by birds and bathed in sunlight provided the perfect backdrop for an intimate, profound learning experience for everyone.



We had a ball - spending time in our delightful, bright training space; as well expanding our container to include the blissful beach and 'prom' down at Portobello.



As we moved between the different 'containers' we were able to expand and bring our learning into the real world around us - integrating and embodying what our minds and emotions had been experiencing. Finishing off at the Beach House on a couple of the days, gave us a chance to reflect on and share insights, revelations and questions over tea, home-made cakes and the best ever

### great leaders

**Emotional intelligence** is known to be one of the key competencies of great leaders. Yet so many of us find ourselves doing everything possible to avoid connecting to our feelings, fearing that if we do, we might unravel!. Our emotions and physical responses are simply data. Data that helps us notice things that might otherwise remain outside our awareness. If we befriend our emotions, we empower ourselves to better see, understand and engage with the reality within and around us.

This in turn helps us to respond from a more considered place rather than blindly reacting to unexpected and unwanted events. Many people talk about emotional or personal mastery but rarely do we come across something that actually, practically helps us to develop it. The Potent 6 Constellation is breakthrough social technology that meets this need. It helps individuals and groups to radically shift stuck, unhelpful and destructive patterns by sensitively illuminating what is at play, but which is outside everyone's awareness. Our gorgeously simple materials enable the Coach/ Facilitator to work in a systemic, embodied way with clients - safely opening up the space to explore and work with the hidden undercurrents. The (c) Emotional Palette cards (in the picture) support the process helping clients to recognise and name their emotions and to see how these are connected to other factors at play in their personal or group system. This is exciting stuff, as a client of one of our recently trained Coaches exclaimed:

***'Moving around the Potent 6 Constellation enabled me to step out of the chaos .....this was probably one of the best coaching sessions yet, I can see it so clearly now!'***

chocolate ice-cream you can imagine - which is even gluten and dairy-free, not that you would ever believe it!



## Motion in Stillness

Come Christmas, it was time to stop - to switch off the computer and sink into a slower, calmer mode of being.

Sleeping more, getting back into a balanced rhythm of exercising and tending to garden and household jobs that have been languishing on the dusty 'To Do' list for some months. When my mind is weary - I get into my body and use my hands. So, bird boxes have been put up in anticipation of Spring flurries of activity with hopes of new tiny, feathered families dancing in flights of fancy around the Cabin; coffee tables in the lounge and conservatory have been stripped of cracked and stained varnish - sanded back to warm, wood tones and re-varnished to protect and bring out the glow. I love this way of returning to myself - moving into a quiet, internal realm that helps me to remember the simple pleasures of being outside, with wood, in nature and enjoying the gift of movement and creation that my body offers.

**What do you do to remember and nourish who you are?**

## Lifting your Gaze to the Horizon

And now, as the early hours and days of 2014 unfold, I feel ready to expand into the space of this new year with new offerings and renewed vigour. **What are you ready for?**

If you are seeking something to support you in accessing 'stillness in movement' or 'movement in stillness'.... if you are finding life and work to be too much and feel like all is in danger of unravelling around you, then perhaps the workshop I am running on 21 January might interest you. **'Turn your life around'** can be taken as a 1-day workshop or it can be combined with a follow-up series of six 1-hour coaching sessions.

This will launch you into the year, helping you to shift your patterns of 'emotional misery into emotional mastery'. **Register here ==> [eventbrite](#)**

Alternatively, if you are a Coach, Supervisor, Facilitator or OD practitioner, you might want to explore other

professional and personal development opportunities on offer including: **Coach Supervision** (email [Louie](#) direct); or **Coach CPD development** which can be **booked by clicking this link ==> [eventbrite](#)**

For information on **Executive Coaching** (leaders and senior managers), **Facilitation services**, **OD consulting**; **Leadership Development**, **Culture change** and **stakeholder engagement** please email [Louie](#) direct

**And if none of this is a fit for you right now.... may I simply wish you the very best of years ahead!**

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