



# COMING BACK TO CENTER

**'HARVESTING THE FRUITS OF OUR DREAMS'**

September 27th - October 1st, 2023

Tuscany - Italy



# WHAT IS COMING BACK TO CENTER?

Coming Back to Center is a series of workshops that aims to expand our capacity to move through life from a place of awareness, intentionality and balance. In other words, to improve our ability to be centered while we're pulled in many directions by the drift of life, making purposeful choices that are aligned with what we care about most rather than reacting automatically and feeling overwhelmed by circumstances.





September / October is time of harvest so in this edition we focus on reconnecting with our longings and dreams in order to see what fruits have come to life and what still needs to be nurtured and cultivated, what is getting in the way and how we can make the necessary shifts in order to move towards the future that we want to declare.

Our claim is that being centered is more than just a concept or an idea, it's a felt sense, a bodily experience that lives first at a cellular level and that this state can be learned, developed and practiced. Centering as a practice builds the "muscle" and skill of being present, open and connected to what we care about. It builds stronger, more powerful presence, one that is able to generate trust, inspire and mobilize others. Having attended the previous events is an advantage but not a prerequisite for this workshop.



Our approach is a unique blend of Somatic Coaching – primarily based on the Strozzi Institute methodology of Embodied Learning ([see \[strozziinstitute.com\]\(http://strozziinstitute.com\)](http://strozziinstitute.com)) – Expressive Arts and Horse and Leadership Coaching.

This is a holistic approach where concepts are introduced and then experienced through physical practice; the result leads to sustainable transformation through new actions and behaviors that are more aligned with what you care about.

## SOMATICS

Whatever we do as human beings we do in our bodies. The sum total of our history lives in our body. We are predisposed to act out of the conditioning of this history. Wherever we are, our bodies and our history are present. This is so obvious and simple we overlook it. The human mind is an integral part of the body, but it is only one part. As we learn to use the intelligence and wisdom of the body we are able to take new sustainable actions which were not available to us before.





## HORSES

Working with horses is one of the most direct and rapid ways to build awareness about one's own energetic presence and leadership style. Horses respond to clarity of direction, honesty and openness. Horses, without judgment or agenda, can open your eyes to what is working for you and what is not in how you interact with others, approach challenges and strive to achieve goals. They also highlight team dynamics, showing how people coordinate action under pressure.

## EXPRESSIVE ARTS

Expressive Arts uses the five artistic disciplines: dance, drama, music, visual arts, and poetry to help individuals explore themselves through spontaneous discovery. It enables people to understand themselves and their emotions through art by moving into the creative process. It uses the arts as its basis for discovery and change.



The content of this workshop has been developed and will be delivered by experienced International coaches who have been working in the field of somatics, bioenergetics, gestalt methodology and expressive arts since many years (see coaches bios below). Maximum number of participants to the workshop will be 16 and registration will be accepted on a first come, first served basis.





# WHAT TO EXPECT

## LEARNINGS INCLUDE

- Making contact with your longings and taking your first steps to move towards them
- Creating awareness of what may get in the way for you to get there
- Understanding your habitual responses under pressure and stress, what takes you off center and why
- Stronger and more grounded presence, which will allow better connection with oneself and others and will increase the ability to generate trust and deal with stressful situations
- Experiencing of other somatic possibilities that can generate a broader range of emotions, more effective actions, more balance
- Access to a range of new somatic practices necessary to build a new somatic shape capable of taking actions that are aligned with vision and values even under pressure.



## WHAT WE PROMISE

- A safe, intimate and protected environment where you will be able to learn, share and grow and where there will be no judgment
- Rich conversations and learning
- An experiential, creative and innovative approach, far from conventional teaching and training techniques
- A qualified group of coaches who will ensure the highest standards of content and delivery
- The beautiful and powerful Tuscan landscape, which will accelerate opening and learning

## WHAT WE EXPECT FROM YOU

- To be fully present and not distracted by other commitments
- To be curious and open to experiment, share and listen
- To be respectful of others and mindful of the larger group's needs and requests





## THE POWER OF LANDSCAPE FOR TRANSFORMATION

### WORKSHOP DATES

September 27<sup>th</sup> –  
October 1<sup>st</sup>;  
the workshop will  
start on the afternoon  
of September 27<sup>th</sup>  
and will end  
on October  
1<sup>st</sup> at 1.00pm.

### LOCATION

Coming Back to Center will be held at Montebelli, an eco friendly country hotel with over 100 hectares of organic farm where award winning organic wine and extra virgin olive oil are produced. Montebelli offers a number of facilities including tennis, swimming pool, spa, and horse activities, and is located approximately 100 Km south of Pisa which is the nearest airport (also served by British Airways and Turkish Airlines).  
For more info visit [www.montebelli.com](http://www.montebelli.com)

### WORKSHOP COST

€3500 - (Early bird rate €2900) - registration by August 30<sup>th</sup>, 2023)

inclusive of:

- Workshop fee
- 4 nights at Montebelli Country Hotel, full board (breakfast, lunch, dinners and coffee break
- A wine tasting experience
- Free entrance to alumni practice reunions in Istanbul

Please ask for more information about the rates if sharing a room.

The cost doesn't include transportation and extras at the hotel.

Montebelli can assist you with the organization of the transportation from and to Pisa or Rome airport. For more information on the workshop content you can contact Gila Seritcioglu [gilaincrea@gmail.com](mailto:gilaincrea@gmail.com) or Giulio Brunini [giulio.brunini@gmail.com](mailto:giulio.brunini@gmail.com) and watch the video on [www.comingbacktocenter.com](http://www.comingbacktocenter.com)



## GILA SERITCIOĞLU

### MCC, GESTALT AND SOMATIC COACH, EXPRESSIVE ART THERAPIST

Gila is one of the Master Certified Coaches (MCC) in Turkey, entitled through the International Coach Federation ICF. She offers a unique combination of twenty years of extensive experience developing the human potential and performance of leaders and people of various ages as a Gestalt coach, facilitator, expressive arts therapist, educationalist and trainer. She is the founder of Increa Creative Coaching & Consulting. Currently she works locally and internationally and is specialised in coaching top executives, teams, leaders, professionals, groups and organisations. She also has extensive experience in designing and implementing tailor made experiential trainings and workshops using creative techniques. Gila has established her own preschool KIDS in 1991 and has been working with children and families in order to create greater impact as an educationalist, psychologist, supervisor and leader. Gila coaches in Turkish and English. She is a member and coach of the Global Coaching Network representing Turkey. She is a Certified Somatic Coach through the Strozzi Institute and works with leaders on building an impactful leadership presence. She is a visiting faculty at the Bosphorus University. She is one of the three founders and trainers of the Gestalt Center for Coaching which offers accredited coach trainings through ICF and Gestalt based workshops. Gila is married and is the mother of two girls. She lives in Istanbul.





## GIULIO BRUNINI

### MASTER SOMATIC COACH

Giulio moved to Italy from South Africa in 1975 and grew up in Naples and Rome before his family moved to Tuscany, taking over Montebelli and turning it into the organic farm and country hotel that it is today. Now father of two young daughters, he brings a blend of cultures and experiences, a strong passion for nature, a curiosity and interest for personal journeys and self reflection and a belief that powerful and positive personal transformations happen as we choose to attend to the body, by listening to it and living in it.

Giulio is a Certified Master Somatic Coach a trainer of the Strozzi Institute in California and a graduate of Newfield Network and the Gestalt Centre for Coaching. Drawing on his own extensive corporate experience gained from working for over 15 years in senior positions that include CEO at a Universal Music/WPP company, Director at Yahoo! and Saatchi & Saatchi, Giulio works primarily with senior executives on leadership embodiment programs.

An Ashtanga Yoga instructor, Giulio shares his time between Istanbul and Tuscany which allows him to be in tune with his personal values and create a stimulating physical environment from where he can better develop and offer his unique perspectives on life and coaching.



## RAFFAELE PONTICELLI

### BIOENERGETIC THERAPIST

Psychologist, psychotherapist and freelance journalist, developed his knowledge thanks to Jules Grossman, Alexander Lowen and John Pierrakos. He completed his studies in Bioenergetics Therapy at San Francisco State University, and is certified by The International Institute for Bioenergetic Analysis of New York in recognition for his research and experience in the field of psychology.

He developed his original therapeutic method called “Emotional Psychotherapy” explained in his first book ‘Express your Emotions and Live Better’ edited by Xenia (Milan) in 1996. He is president of the Jules Grossman Institute of Naples. He conducts workshops and programs of Emotional Education and Education in Feelings® and Existential Memorization Trainings® for Institutes of Humanistic psychology and for Italian and European companies. He has written dozens of scientific publications and hundreds of scientific and popular articles. His most recent book is Emotional Memory edited by Xenia Milan in 2005.





## TOMMASO MIGLIOZZI

### HORSE TRAINER AND EGE COACH

Established 25 years ago, Montebelli Turf has a strong tradition in thoroughbred horse breeding and racing with over 300 national and international victories. Montebelli's Stable is led by Tommaso Migliozi, a Licensed Horse Trainer and EGE (Equine Guided Education) Certified Coach.

Combining his horse training skills with his coaching competencies, Tommaso creates a safe environment and puts people in contact with the horse - regardless of their level of experience - to create unconventional, non verbal learnings that lead to powerful personal transformations and shifts.