



Resilience Course 1

Experiential Workshops with One on One Coaching

The course is designed to improve the capacities of students' **Resilience Competency** through implementing own creative methods and adapting to a personal challenges. The course aims to open an **experiential time&space** and methodology for participants to explore and develop **their unique formula to integrate their daily life challenges** with new methods about **Resilience**. While Participant is exploring their **self-awareness, self-expression, communication and creativity skills for developing resilience**, they can inspire from other participant's journey too.

Intermodal Expressive Arts concept and models will be the ground of the workshops. **YOU** can choose and explore different tools to implement in your daily life. Also, you would have **photography projects, collage works, story telling,, painting techniques** that help support the journey of each of you personally. You will collect all your works in a digital portfolio, which will be presented in the end of the course. **The course has 3 workshops and 3 one to one coaching sessions online with a portfolio presentation as a closure.**

Some Participant's Comments:

"My perspective has totally changed. My energy level and motivation have increased. I have explored a new method»

" I felt very clear when all the pieces of my art came together. I felt it affected my inner clarity too. I have started to express myself more clearly. My energy level and my perspective has changed. Because it is visual, I can easily remember all the processes and it helped to have a new formula to integrate daily resilience challenges.»



Dr. Sinem Lanaci, PCC

sinemlanaci.com

Dr. Sinem Lanaci, is sharing her passion for bringing science and art together for a transitional period in change. She believes that new challenges in life also offer a development journey for new skills and resilience. Developing the potential skills in transitional period of change through creativity and based on a model she developed and had her international Ph.D. degree on her experiential intermodal expressive arts (experiential and creative methodologies) - after several years of her research on different methods in many different countries, helping the talents and leaders to accelerate their transformation and change. She received her PhD with honorary doctorate degree in the Expressive Arts: Therapy, Coaching, Counseling, Education, Conflict Transformation and Peacebuilding in Switzerland. She designed ONC1 (Orienting to a New Culture) and ONC 2 (Adapting to a New Culture) courses from her PhD model and students evaluated the ONC1 AND ONC2 very highly in 2020, 2021 and 2022.

She is an internationally accredited senior coach PCC and facilitator. She has more than 1500 hours of theoretical training, accreditation internationally and more than 2000 hours of implementation to various fields in universities and organizations. During her nearly 20 years of work experience in Pharmaceutical, IT, Health, Holding HQ and in the Manufacturing sector. Dr. Lanaci also established collaborations with universities, attended classes, implemented her model to master class, and worked closely with talent on adaptation projects to business life. In the field of Human and Culture (HR) function, Dr. Lanaci took part in the management of change, cultural change, well-being and resilience and organizational structuring processes, as well as being the manager of the HR function during the experience of six different companies and sectors in the national and international arena. Her main focus has been the agile and effective revealing and potential development of human and organizational potential in all layers of levels with unique methodology during the transition and cultural change processes.