



“Becoming Visible to Yourself”

Photography in Coaching and Wellbeing

Suomen valokuvaterapiayhdistys and Dorota Raniszewska invite you to the workshop “**Becoming Visible to Yourself. Photography in Coaching and Wellbeing**”.

During this workshop you will experience the power of personal photos in building positive narratives about you, understanding your needs, values and purpose. In a process of a self-reflection that is facilitated with the use coaching techniques and personal photographs your life achievements, relationships and character strengths become visible and expressed. You will learn how personal photos can be used to connect to inner wisdom and build bridges between past achievements and future possibilities. You will also see examples of using active photography to support wellbeing.

The agenda of the workshop:

- Welcome and introduction about Photography in Coaching, an ice-breaker activity with a photo
- A introductory presentation about using photography in coaching and wellbeing – from Dorota’s practice
- An experiential activity for the participants with “**The 3 Important Photos From My Life**”
- A coffee break
- Sharing session and discussion
- Presentation of examples of uses of photography in coaching and wellbeing by Dorota
- Q&A
- Closing exercise and additional information

The workshop will be led by Dorota Raniszewska, an accredited coach and mentor, EMCC SP, IC, author of “ONE IMAGE – MANY WORDS. Photography in personal development, healing and education”. After her « family roots » search between 2007-2013 when she used personal photos as a catalyst of communication and long-term memory trigger, Dorota introduced photography to her professional coaching practice. Since 2016 she teaches courses on Photography in Coaching that are accredited by the ICF. She also created a tool “AHA™-photos that inspire” that includes a collection of her original photos and coaching questions to them. Dorota lives in Warsaw, Poland. She a mother of an 18-years old son. She loves nature and movement - jogging, walking, riding a bike, swimming and canoe. More about Dorota: <https://photo-in-coaching.com/>

Date of the workshop: **17 April 2021**

Duration: **3 hours**

Starting time: from **10 am EET time** (Helsinki time)

Place: **Zoom**

Language: **English** taught and **Finnish** spoken in the breakout rooms 😊

Registration: <https://forms.gle/8F4mi5LhgCJZUR9Y8> / attention to: valokuvaterapiayhdistys@gmail.com

Fee for members: 40€/ Non-members 80€