



jamk



**Processing Complexity with
Emotional, Sensorial and Spiritual
capacities**

2022-2023

**Want to engage?
Read this!**

**SESS trainer
prospectus**

<http://www.processproject.eu/>



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of the European Union

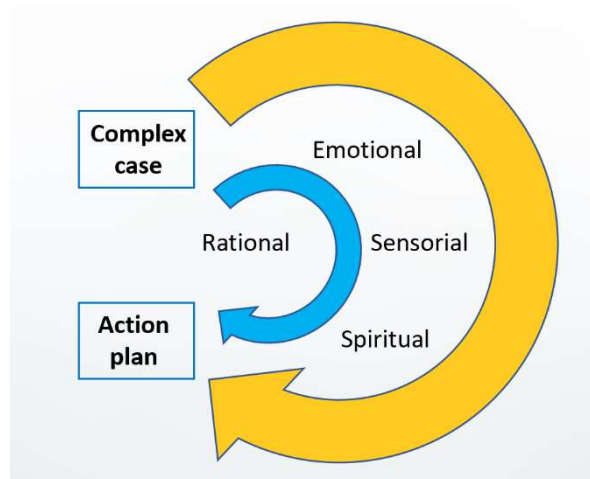
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ProCESS: What is it about?

The aim of the project

ProCESS Project aims to develop and deliver to the students and organisations an original and innovative methodology to deal with complex management cases through alternating sequences of mobilization of Sensory, Emotional, and Spiritual (SES) intelligences (Skills), in addition to rational capacities.

As the world becomes more and more "VUCA« (Volatile, Uncertain, Complex, Ambiguous), the dominance of rational approaches is becoming more and more limited and reductive. The ProCESS postulate is to banish this supremacy of rationality in management education and (re)introduce a formal training of **sensorial, emotional, spiritual capacities, what we call SES Skills.**



In this ProCESS project we have developed a 6-step methodology to facilitate creative problem-solving skills and widen human cognition. We will teach you to implement this method.

As a SESS trainer, you will experience the ProCESS methodology and SESS training sessions and learn to better feel and sense complex situations (and not only understand) and dare to “step out of the box” to solve them. You will have a possibility to integrate your unique talent or strenghts to create an original workshop to train any of ProCESS Skills - Sensorial, Emotional, or Spiritual.

A cooperation between 4 European Universities

ProCESS brings together participants and faculties from France, Finland, Latvia, and Romania:

France	UCLy Lyon Catholic university
Finland	JAMK University of Applied Sciences, Jyväskylä
Latvia	RISEBA University
Romania	TUCN Technical University of Cluj-Napoca

Course of the project: Training period & certification

The training for SESS trainers consists of two sequences:

- **Distant learning** (approximately 10 hours) on “Theory U” and on the theory of multiple intelligences. This sequence must be achieved before the onsite sequence.
- **Onsite learning** (five-day training session) in one of these 4 European countries (the one which is in your country of residence). This will include a theoretical approach of the ProCESS methodology, practical applications delivered by experimented trainers and the development by each participant of a pilot training (you will be asked to facilitate a one-hour training session using either sensorial, emotional, or spiritual inputs or combining them).

The timeframe of the training sessions depends on each participating university:

Country	University	Timeframe of training sessions
France	UCLy Lyon Catholic university	Monday 3rd - Friday 7th, April, 2023
Finland	JAMK University of Applied Sciences, Jyväskylä	February 1st, 2023 - May, 31st, 2023
Latvia	RISEBA University	November 1th, 2022 - February 26th, 2023
Romania	TUCN Technical University of Cluj-Napoca	February 1st, 2023 - May, 31st, 2023

The trainings will end with a certification.

Upon successful completion of the programme and certification, you will be included in ProCESS's catalogue of SESS trainers. This document will be disseminated to the European Education and Culture Executive Agency (EACEA), as well as to universities, companies, NGOs, HR networks, schools, and other organizations that have expressed their interest in the ProCESS method. You will have the right to use the ProCESS methodology as a tool in your future career as trainer and/or consultant.

Pedagogical costs of training and certification, exclusive of subsistence costs, will be covered by the ProCESS project.

UCLy's training programme

Distant learning

[Online course on theory U](#) - 90 minutes (free registering required).

Supporting material to be read for the completion of this sequence:

- Scharmer, O. (2018). *Theorie U, l'essentiel*. Editions Yves Michel.
- Snowden, D. J. & Boone, M. E. (2007) A Leader's Framework for Decision Making. *Harvard Business Review*. November 2007, 69-76. [A Leader's Framework for Decision Making \(hbr.org\)](#)
- Davis, K., Christodoulou, J., Seider, S. & Gardner, H. (n.d.). The Theory of Multiple Intelligences, Harvard Graduate School of Education, 1-37. http://www.pz.harvard.edu/search/resources?f%5B0%5D=sm_field_resource_type%3AArticle
- Sluka I. & Ludviga I. (2022), Embodied cognition and management learning: the need for sensorial, emotional, and spiritual skills for solving complex managerial problems. (4) (PDF) [EMBODIED COGNITION AND MANAGEMENT LEARNING: THE NEED FOR SENSORIAL, EMOTIONAL, AND SPIRITUAL SKILLS FOR SOLVING COMPLEX MANAGERIAL PROBLEMS \(Researchgate.Net\)](#)
- Sava A., Noveanu, S. Suteu, S., Lungu, R. & Firescu, V. (2022). New approaches to solve complex management case studies, *Review of Management & Economic Engineering*, 21, 1, 83. https://rmee.org/abstracturi/83/08_Articol_639_RMEE_ProCESS_28.02.2022%20FINAL.pdf
- Eskola, A., Zoccoli, M., Korhonen, A. & Hundal, S. (2022). Activation Methods for Leadership in Complex Environments. International Management Development Association (IMDA) annual World Business Congress proceedings, XXIX, 16-23. [Activation methods for leadership in complex environments - Theseus](#)

Onsite learning

The onsite training session will be delivered in French at UCLy campus - Lyon.

FR time	Monday April 3, 2023	Tuesday April 4, 2023	Wednesday April 5, 2023	Thursday April 6, 2023	Friday April 7, 2023
8.00-9.00	Welcome	Power of body and mind - Sound, resonance and energy <i>Philippe Fournier</i>	Managing emotions through hidden talents <i>Audrey Avanzi</i>	Processing towards self-transformation <i>Sophie Bouquerel</i>	Certification Jury: <i>Vincent Goubier, Arnaud Trenvouez, Philippe Fournier, Sophie Bouquerel</i>
9.00-10.00	ProCESS presentation <i>Christophe Pons</i>				
10.00-11.00	Introduction to complexity and SES skills <i>Vincent Goubier</i>				
11.00-12.00					
12.00-13.00	Lunch	Lunch	Lunch	Lunch	Lunch
13.00-14.00	Lunch	Power of body and mind <i>Philippe Fournier</i>	Development of a pilot training by each participant	Development of a pilot training by each participant	Certification Jury: <i>Vincent Goubier, Arnaud Trenvouez, Philippe Fournier, Sophie Bouquerel</i>
14.00-15.00	Connection for better interaction <i>Anne Decoret-Ahiha</i>				
15.00-16.00					
16.00-17.00	Online test on theory U and discussion	Debriefing with SESS trainers	Overview and conclusions		
17.00-18.00				Departure	

Christophe Pons is ProCESS Coordinator and Expert in EU projects.

Vincent Goubier is Professor at Catholic University of Lyon. He chairs ProCESS steering committee and is the academic coach of French students in the project. His lectures concern complexity management.

Anne Décoret-Ahiha is a former University Researcher. She coaches managers using dance and movement to increase performance of organizations.

Philippe Fournier is an Orchestra Conductor, combining his music knowledge and experience with management.

Audrey Avanzi is currently an apprentice in Art-Therapy and the author of “L’art d’apprendre avec le Coeur” (Ideo Ed) specialized in emotional intelligence.

Sophie Bouquerel is a Specialist of psycho-somatic education and spiritual intelligence.

Arnaud Trenvouez is the Head of R&D at PerformanSe, a service company specialized in soft skills evaluation.

What do we expect from a SESS trainer?

We expect full dedication to the project on part time basis. This includes attending all training sessions offered to you, actively developing your workshops, and delivering the workshop to participants (students and/or organisations).

This way, you will be able to educate future managers on how to tackle complex business situations and provide them with skills that go far beyond the scope of rational problem solving.

To qualify as a SESS trainer, you should:

- Possess a phenomenological worldview - believe that the reality is an object of human imagination;
- Be willing to learn new approaches to complexity in combination with an academic approach;
- Be willing to be a business trainer - ready to deliver at least 1-3 training sessions;
- Have talent and practical skills in any of the following art related activities (or willingness to learn):

Music

Theatre

Visualisation

Movement (e.g. biodanza; somatic movement or any other)

Embodied practices (e.g. meditation)

Other... e.g. sensorial activity (Lego Serious Play; plastic, ...)

How to apply

To apply you should send a short motivation letter (in English) and your CV to lveta.ludviga@riseba.lv / Mobile: +371 29244831 / RISEBA University, with a copy to Vincent Goubier vgoubier@univ-catholyon.fr.

Deadline for applications depends on each country and is presented in the table below:

Country	University	Deadline for application
France	UCLy Lyon Catholic university	January 27 th , 2023
Finland	JAMK University of Applied Sciences, Jyväskylä	January 27 th , 2023
Latvia	RISEBA University	November 1 th , 2022
Romania	TUCN Technical University of Cluj-Napoca	January 27 th , 2023

ProCESS project: More information

<https://youtu.be/lolzYATJHW0>

<https://rcf.fr/vie-spirituelle/inspiration-rcf-lyon?episode=236384>

<http://www.processproject.eu/>

<https://www.facebook.com/ProCESSProjectEU/>

<https://www.linkedin.com/company/process-project>

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