AOEC
UNLOCKING POTENTIAL
ASIA

In the moment learning

Certificate in Gestalt Embodied Dialogue Coaching

Singapore 2027 · Theory and practical techniques

This highly experiential programme is for coaches, leaders and HR/OD practitioners who want to work at a deeper level, and bring about significant change in themselves, in others and in their organisations. Across six modules you will learn the principles and practice of Gestalt Embodied Dialogue (GED): moving beyond talking *about* issues to working with your client's lived experience, here and now, in the relationship.

Is this programme for you?

It is designed for coaches who find themselves:

- doing a lot of talking but making little progress
- working on the surface, not getting to the real issue
- stuck in sessions and struggling to get moving
- unsure how to manage emotional expression in a session
- with a "resistant" coachee and no way through

Benefits for you

- Work in the present with your client's current experience
- Experience the coaching relationship itself as a vehicle for change
- Use yourself in the relationship to powerful effect, with less effort
- Be more comfortable working with your client's emotional expression
- Reframe "resistance" as useful information, which makes it simpler and more effective to work with

Benefits for your organisation

- Deeper insight into personal and organisational change, including what lies behind resistance
- Recognises the "human heart" in organisations, surfacing hidden energy and performance potential
- Builds self-awareness of how individuals show up in the workplace
- Provides tools for working with interpersonal and team dynamics

Dates and times

Fridays, 7, 14 & 28 May 2027
09:00 – 17:00 SGT

Format

Six modules over three days

Delivery

In person in Singapore, with Sharon Tan in the room and John Leary-Joyce joining live online for some modules.

Venue

Singapore – to be announced

Faculty

Sharon Tan (in person)
John Leary-Joyce (virtual)

Price

S$1,900

ICF accreditation

20 CCEs (17 Core Competency, 3 Resource Development)

Register

2027 May: Certificate in GED Coaching – Fill in form

For further information

Sharon Tan
sharon.tan@aoec.com

Three Gestalt principles at the heart of GED

Awareness in the here and now

Noticing what is happening in yourself, your client and between you.

The Paradox of Change

Change happens when you accept who you are, not when you try to be different.

The Dialogue relationship

An "I–Thou" relationship: bringing your whole self, open to being changed.

As a result of this programme you will:

- understand the core Gestalt principles and how they shape Embodied Dialogue coaching
- be able to work in the present with your client's current, felt experience
- experience the coaching relationship itself as a vehicle for change
- use yourself, including your physical and emotional responses, as an instrument of change
- work with blocks and "resistance" as useful information rather than an obstacle
- build skill and confidence through demonstrations, practice and feedback

Six modules over three days

1 Grounding & Introductions

2 Graded Experiments

3 Creative Tools

4 Embodied Awareness

5 Somatic Resonance & Use of Self

6 Dilemmas & Closing

Each module combines a demonstration with coaching practice. The group is treated as a micro-organisation, so learning is drawn from personal and group experience, with peer feedback and supervision from faculty.

Meet the faculty



John Leary-Joyce

John is the founder and CEO of the Academy of Executive Coaching, a psychologist, psychotherapist and author. He developed this programme from his deep experience in Gestalt coaching, and has been practising Gestalt for more than 50 years.

His book, *The Fertile Void*, translates complex Gestalt principles into clear, practical ways to strengthen our coaching.



Sharon Tan

Sharon represents AoEC in Asia Pacific as the Global Partner. She brings a Gestalt practitioner's presence together with three decades of experience in Finance and HR leadership. Sharon is an ICF-credentialed team coach, supervisor and mentor, trained in Gestalt OSD from Cleveland and the NTL Institute.

ICF PCC, ACTC, MCS & CSS · EMCC ITCA Senior Practitioner · MCIPD · MBA

Accreditation. Certificate of attendance from the AoEC. Accredited by the ICF for 20 CCEs (17 Core Competency, 3 Resource Development), with particular emphasis on ICF Core Competencies 4 – Cultivates Trust and Safety, 5 – Maintains Presence, 6 – Listens Actively and 7 – Evokes Awareness.

Global Partner of the Academy of Executive Coaching in Asia

For more information, contact Sharon at sharon.tan@aoec.com

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