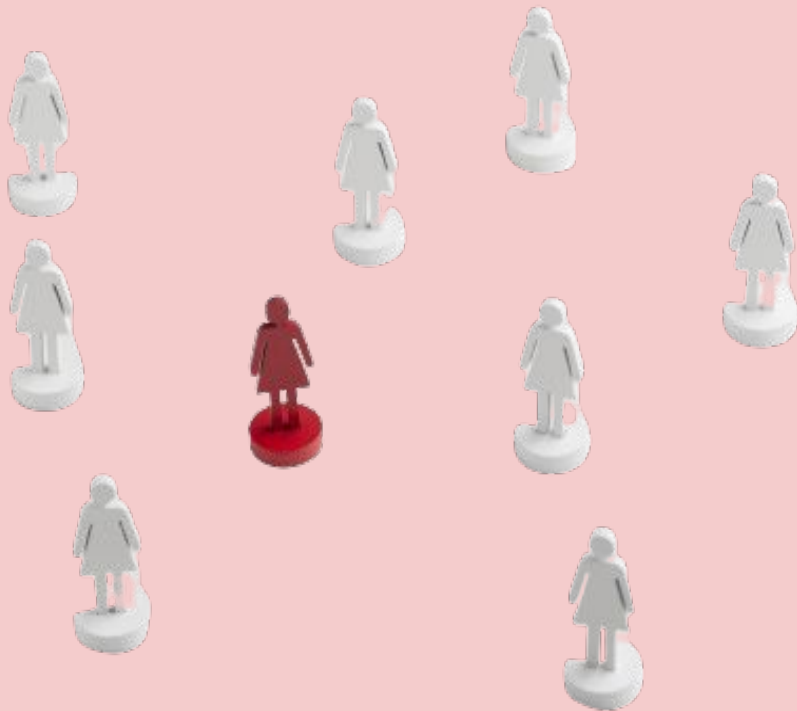




COMPRESENCE™

THE HUMAN SIDE



Compresence™

A new coaching model

Self-leadership | Systemic | Consciousness

Accompanying people and organizations
to empowerment as a result of being fully present to
self, others, and what emerges in the relationship



Foundations and Acknowledgements

The **Compresence™ Method** aims to generate full presence, awareness and empowerment at all levels of the life experience. The model stems from many years of experience of our founders, who have integrated their several sources and wish to show their gratitude to their teachers.

The Gestalt of **Perls** and **Polster** have been considered particularly influencing, with its background of theories and techniques for polarities, together with the evolution envisaged by systemics promoters like **Senge**, **Scharmer** through to the constellations technique of **Hellinger**, and the internal perspective of **Schwarz**. The theory of consciousness on which the model is based was set out in **Wilber's** work, for organizations, as echoed by **Spiral Dynamics** and **Laloux**.

Considering basic the acquisition of tools of emotional and spiritual intelligence, some inputs come from archetypal theory, in particular by **Jung** and the traditions of Eastern meditation and Western contemplation, actualized by **Kabat-Zinn** and **Guzzi**. Also recognizing the importance of work on trust and guiding principles, the model makes use of the **Dolan's** model for coaching by values work and of **Stam's** and **Echegaray's** proposals for organizational constellations.

Purpose

By enduring and observing the "space between..." the usual behaviors and their opposite, relationships, roles, then authentic and responsible self-realization emerges.

Self-Consciousness

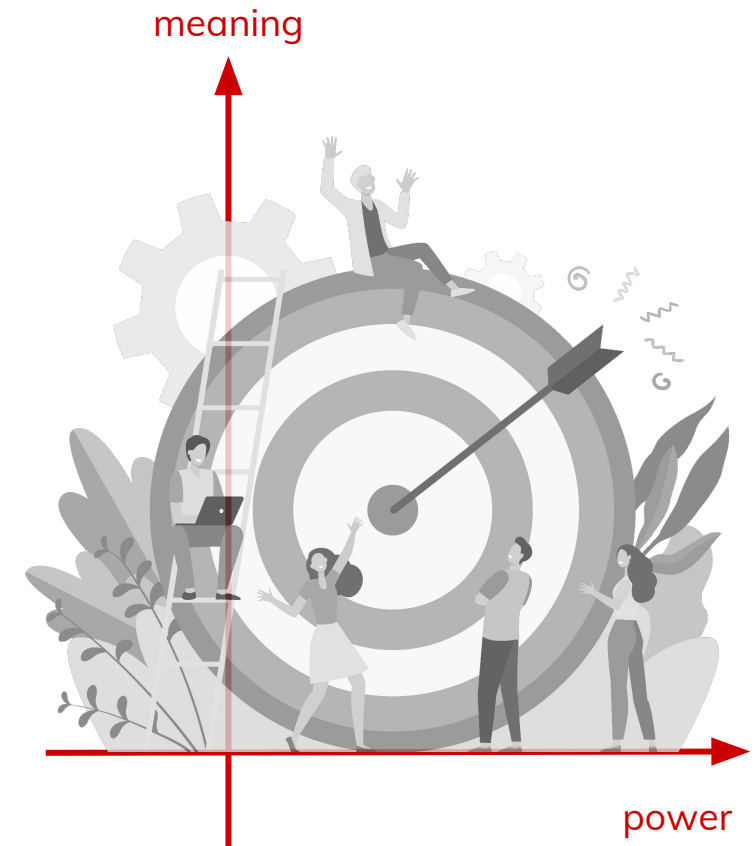
The inner world is as complex as the outer world, one being the hologram of the other. Each block is recognised as a conflict between internal parts aiming for subsistence.

Relationship Dynamics

Relational dynamics are always functional in maintaining the individual's identity. In the long run, conflicts between egos are reduced in favor of authentic and nurturing contact.

Systemic Interbeing

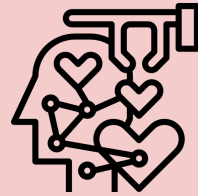
Lasting wellbeing and prosperity arise from accepting the role in maintaining the system asset of values, in alignment with the individual purpose.





Approach

Cognitive aspects, which are important especially in the memorization phase of the experience, are put at the service of bodily intuition and emotional processing.

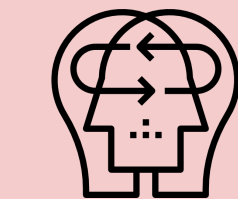
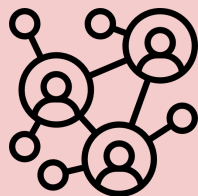


Holistic

We question the effectiveness of binding plans, while finding instead more useful the ability to bring out unexpected solutions from interactions between individual and other, individual and group, system and environment

Human experience is always systemic, which means we need to consider the function and effects of individual/system actions, interactions and feedback.

Systemic



Intuitive



Focus on empowerment

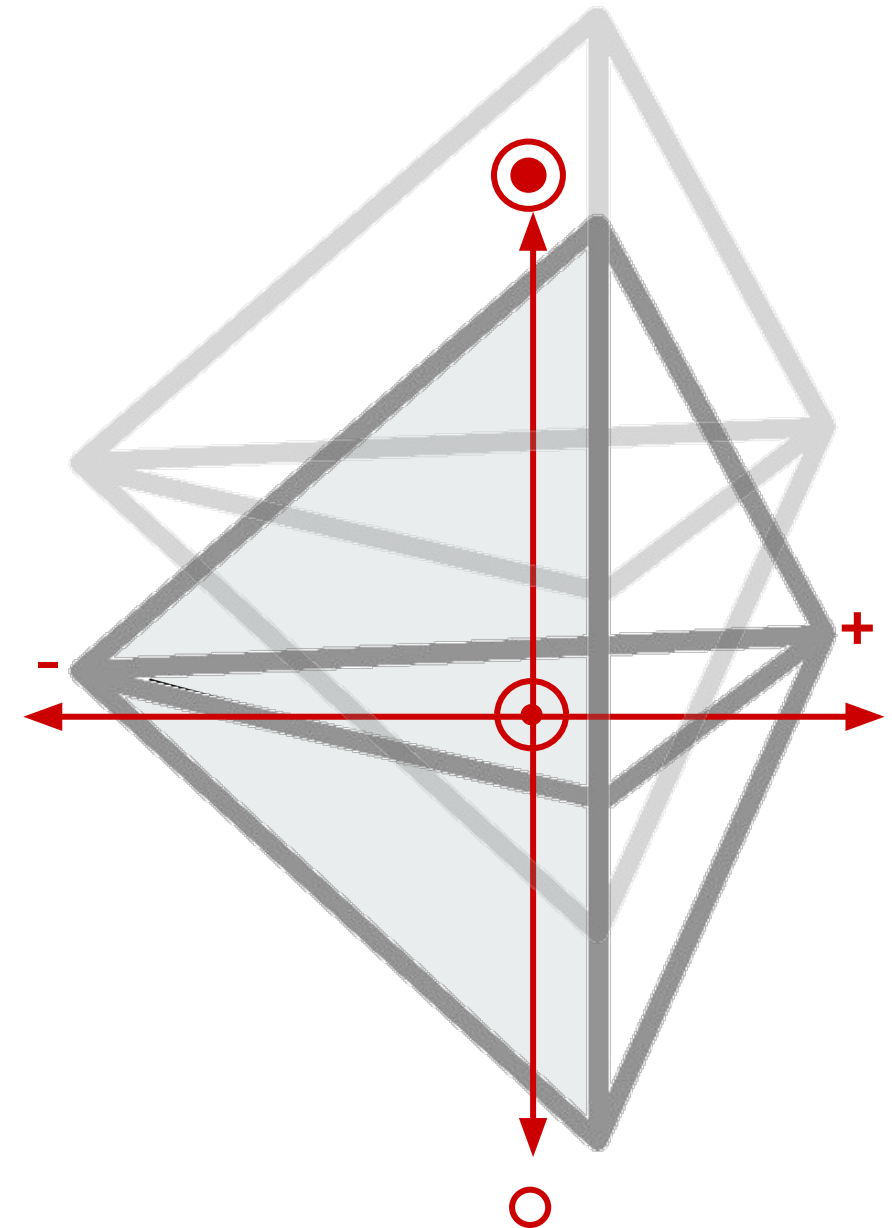
Compresence™ works on the polarities that emerge in the challenging experience. Their mutual integration reveals the systemic entanglement.

Through an emotional state of neutrality, the current level of self-leadership allows the person to maintain contact with the experience and recognize which polarities he/she is moving on.

Accompanied through archetypal, systemic and relational work, he/she lets a third, more evolved and authentic option emerge from the polarities.

Facilitated by maintaining a state of trust and clarity - characterized by curiosity, courage, compassion - he/she faces the challenge as an opportunity to move further toward his/her center, from which to move ever more serenely toward new experiences.

This expands the area of influence in the direction of inner purpose and thus self-realization.



Archetypal process

(De) Identification

By developing one's inner witness and phenomenological gaze, the individual recognizes the polarities within which he/she has imprisoned the self (archetype) and begins to understand the systemic functionality (entanglement) behind his/her dysfunctionality

Authenticity

With gratitude toward his/her experiences as generating the talent and revealing the purpose, the client proceeds by trial and error, yet with stability, toward his/her own center. The practice allows to transcend to the habitual attempts between rebellion and adaptation

Self-leadership

The person recognizes his/her importance in the system and removes relational obstacles, recognizing their nature as inner conflict. Assuming leadership of self, the person dwells in the center with a rhythm between self-care and purposeful action in the world.





Testimonials

ROBERTO NARD

CFO Emea AIG Group, Luxembourg

I participated in the "Co-creating Opportunities" course that NP created and delivered online for AIG to train a panel of managers on the emerging future. I appreciated that the intervention was eminently practical and how the activities - that combined multiple and innovative approaches - allowed for engagement even remotely and facilitated authentic transformation. Of the one-to-one coaching sessions, I appreciated the consciousness based process, focused on identifying and pursuing self-realization.

BARBARA MONTEPILI

Head of Management Academy Poste Italiane, Italy

I participated in the Compresence course designed and delivered by NP. I found that the innovative and rigorous approach facilitated a paradigm shift to address the emerging future. I appreciated the sensitivity and professionalism with which Paul accompanied the group and the individuals, with helpfulness, competence and courtesy.

ANA ORTEGA HERRERA

Head of Sales IZERTIS Spain

I had the pleasure of having some sessions with Paolo as an executive coach thanks to a course he gave in my company. I can confirm that he is a great professional, very rigorous in his work and with great personal resources to undertake it. He helped me to identify my strengths and enhance them, set goals and improve efficiency in my professional development to achieve them. Without any doubt I will repeat in the future.



Thank you!

Please, feel free to ask...

For questions and clarifications on specific technical aspects and how to bring this program to your company, our customer relations manager for Italy is at your disposal:
info@compresence.eu

in [linkedin.com/showcase/compresence](https://www.linkedin.com/showcase/compresence)

w www.compresence.eu