

# Sophro-ki® Sophrology Diploma Course

**A life changing Sophrology Diploma Course**  
*For Women Leaders*

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## Objectives

This Sophro-ki® Sophrology Diploma Course for Women Leaders is run by Sophrology Center Online, the Global Leader in Sophrology Training. The objective of this course is to bring consciousness as a competency to women leaders. **Consciousness Competency.** To raise their level of consciousness, to equip women with leadership skills that will meet the challenges of the future, to allow for a natural change in organisational culture directly impacting business performance and to give the gift of consciousness so women can reach their potential.

*“Not what you do, but how you do what you do determines whether you are fulfilling your destiny” - Eckhart Tolle*

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## Inspiration

At the WINconference.net, women from around the world experience an awakening of consciousness, (some for the first time). When the WIN conference is over, women often ask, “how can we continue to grow consciously”. “How do we know and honour our authentic self”. “How do we remain feminine in a male dominated work environment?” Adding consciousness as a competency will answer all of these questions and others you did not know to ask.

Society and organization’s needs for people to be more conscious and self-aware have reached a crucial point, as the present state of the world (economics, politics, environment etc.) requires serious reformulating of leaders.

“Know thyself” is essential for the survival of humanity, as big data begins to know us better than we know ourselves. Know thyself and always be authentic.

The challenge to date has been: how do you teach consciousness? Yes, you can meditate and you can be mindful, but how do you live and work consciously, every day in a busy western lifestyle?

Through Sophro-ki® Sophrology, consciousness as a competency can be taught, learnt and experienced with embedded and powerful results. Add the ultimate competency to your professional and personal life, the competency of Consciousness.

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## Sophro-ki® Sophrology Diploma Course Teacher



Diana Ritchie has studied the phenomenology of being for the last 11 years, starting with Sophro-ki® Sophrology 11 years ago, then establishing SCC Sàrl in 2007 to work with individuals, and organisations around self-development,

talent-development and performance-development. I share my multidisciplinary know how through coaching and training, using a variety of traditional and alternative techniques. I am a Sophro-ki® Sophrology teacher with Sophrology Center Online. I am the Vice President of the International Sophrology Federation. I am registered with the Swiss complementary health insurance. – ASCA.

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## Outcome

- A book will be collectively published, which includes the stories of our journey into Consciousness.
- You will become a thought leader in the area of consciousness leadership and a role model for women as an authentic and feminine leader.
- On completion of the Sophro-ki® Sophrology Diploma Course you will be a qualified Sophro-ki® Sophrology Practitioner and can practice globally with individuals and groups.
- You learn how to create your own reality.
- In addition to Sophro-ki® Sophrology you will also learn some NLP, the power of words, thoughts and posture, and also learn some Sophro-Ludic.
- Know thyself – you will discover so many new things about yourself, about others and about the world.
- Play big – “Your playing small does not serve the world ... as we let our own light shine, we unconsciously give other people permission to do the same”.  
- Marianne Williamson
- Develop a system of personal values and use them with your unbiased perception and non-judgment.
- Be comfortable stepping out of your comfort zone more often and see the world as if for the first time.
- Regular Sophro-ki® Sophrology practice helps reduce: stress & anxiety, anger & frustration, worry & fear, sadness & guilt, risk of illness and being stuck.
- Regular Sophro-ki® Sophrology practice helps improve: self-confidence, focus, concentration, sleep, relaxation, inner happiness, health & well-being and your presence. You will see the results in your life.
- Sophro-ki® Sophrology becomes a lifestyle rather than remaining a practice. Through continuous use, you continue to grow.

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## Who is this Diploma Course designed for?

- Women who want to be courageous, feminine, authentic and Conscious as a leader.
- Women who want to grow personally, professionally and support change within their work environment, home and community.
- Women who are ready to shine their light.
- Leaders who have managed or are managing a team within a company or organisation of any size.
- Women who are willing and able to use Sophro-ki® Sophrology within their organisation, their home and their community.
- Women who are willing and able to keep a journal of experiences, experiments and self-awareness discoveries to collectively publish in a book upon completion of the course.
- Women who are willing and able to be a thought leader, conscious leader, authentic and feminine leader, change agent, catalyst and pioneer.

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## Sophrology

- The word Sophrology comes from Greek.
- SOS – Harmony, PHREN – Consciousness, LOGOS – the study of. The study of consciousness and the values of existence.
- Sophrology is based on Phenomenology, the study of phenomena, “ the intuitive experience of phenomena, on the premise that reality consists of objects and events as consciously perceived by conscious beings.”
- Sophrology is a series of quick and effective mind/body exercises called dynamic relaxation (relaxation in movement).
- Sophrology combines Yoga, Zen, Buddhism and western knowledge, with no religious affiliation, thus suitable for all.
- The word Sophro-ki® was created by Dorna Revie in 2005 to describe her ‘new enriched Sophrology’ with additional powerful sophrology exercises developed from her coaching, NLP and energy wellness training experience.

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## Invitation only

This Sophro-ki® Sophrology Diploma Course for Women Leaders is run by Sophrology Center Online, the Global Leader in Sophrology Training. This course is exclusively for women and is by invitation only. Please contact me if you would like to discuss this opportunity further.

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## How is the Course delivered?

- Delivered through Real Time Video Conferences and Residential Intensives.
- Each session is recorded for further viewing.
- MP3 recordings are provided for daily practice of the exercises.
- Accompanying course material, Mp3s etc. are accessible and homework is submitted via an on line platform.
- The bulk of the course is distance learning online with two opportunities to meet in person: after Level 2 and Level 4 in Ovronnaz, Switzerland
- Week of 3rd April 2017 and week of 22 January 2018.
- To ensure effective learning, sharing and support - only 10 (ten) participants will be accepted. We will support each other’s leadership, journey and learning.

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## Course details

- Each Monday from 20:00 to 22:00 (Geneva time)
- **Level 1:** 24 October to 12 December 2016
- **Level 2:** 30 January to 20 March 2017
- **Level 3:** 8 May to 26 June 2017
- **Level 4:** 25 September to 13 November 2017

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## Contact

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