



Controlled Folly

Satir work

Virginia Satir, an internationally acclaimed author, teacher and therapist, developed a universal approach to systems that has allowed her concepts and techniques to be among the most useful and dynamic approaches for increasing leader effectiveness.

In this workshop you will receive:

- *Coping stances* to connect your strengths and development needs with what you learned from your family of origin and increase leader authenticity.
- *Satir change model* to assess system health and esteem, and team dynamics, and to manage and lead change.
- *Ingredients of an interaction* to handle emotionally intense interactions, foster trust and resolve conflicts.
- *Temperature readings* can be used to create a safe environment for team self-assessment, and for keeping managers and others aware of what is really going on in the group.
- *Satir sculpting*, a powerful interactive tool for simulating organizational situations at group meetings and workshop.
- And what more tools we might need, depending on what comes up in the sculpt or simulation ...

Workshop schedule

Participants receive workshop materials some 3 weeks before the workshop including questions that help participants focus on what it is they wish for as a result from the workshop.

Day one:

- Arrival and lunch
- Afternoon: Brief explanation of “controlled folly” and “coping stances”.

Experiencing the four typical folly patterns of defensive coping responses to stress, in fun and enjoyable exercises.

- Reflections: Revisiting what folly we looked for? And what folly we saw?
- Dinner
- Early evening: Temperature Reading
- Evening: Relaxation. Perhaps some preliminary practice at the bar?

Day two:

- Morning: Simulation/Satir sculpt/Stress module
- Lunch
- Afternoon: Reports from the observers. Revisiting what folly we looked for? And what folly we saw?
- Taking it into Real Life.
- Closing with celebration ritual

Workshop information

Duration: weekend

Type: Simulation based

Maximum number of participants: 20 – 60 (depending on number of facilitators)

The workshop simulation or sculpt can be adapted to meet a predetermined particular situation, problem or challenge, or will adapt to a problem or challenge brought by a participant.

Satir Systems certification is possible, but then fixes the morning program on the second day to be a Satir sculpt.

Meet Nynke

Nynke Etk Fokma is an accomplished system architect.

Responding to curiosity, changing circumstances, and opportunities for exploration, she has held many different roles.



Nynke got herself degrees in biophysics, information technology, mathematics, and teaching, in a follow-her-nose (want-to-know) and/or effective-for-manifestation (handy-to-have) strategy, as she went along.

In recent years she developed a second and parallel main career as consultant, coach and facilitator.

AND I AM LOOKING FORWARD TO MEETING YOU!