



CIYO Bulgaria

Coming Into Your Own (CIYO) is a personal and leadership development programme for women who are interested in engaging in a process of reflection, exploration and regeneration in order to step into the lives they were born to lead.

We are all leaders in our own lives, whether this is professionally, in our families or in our wider circles of influence.

November 14-17, 2024

Discover Velingrad: An Exciting CIYO Program Destination

Nestled in the heart of the Rhodope Mountains, Velingrad, Bulgaria is a captivating destination for the CIYO (Coming Into Your Own) program in Bulgaria this November 2024. Renowned as the "Spa Capital of the Balkans," Velingrad is enriched with more than 100 springs of natural warm mineral water, celebrated for their therapeutic properties. This picturesque town offers the perfect backdrop for innovative thinking, personal growth, and collaborative creativity. Participants will engage in transformative and self-development practices through the CIYO workshop, while rejuvenating with the town's natural spa and mineral water facilities and walks in the pine tree forest surrounding the town.



Programme

A 3.5 day programme in English
Thursday 14th November at 1600
to Sunday 17th November at 1700

Venue

Velingrad
Spa Capital of
the Balkans and Bulgaria

Price

1000 € per person
Includes tuition fee, materials,
pre-and post-programme coaching,
food and accommodations.

Excludes travel costs which are for own account.

"CIYO is for women who are ready to empower themselves to lead their ideal lives. If you want to have more clarity on your life purpose, how your past can become your strength, how to see what is hidden inside you, this is the right programme for you."

Malek Okey, CIYO Alumna Turkey



The Programme

CIYO is a personal journey and starts with a pre-programme coaching call a month before the residential programme to prepare individuals to fully participate. At Velingrad we will gather to focus on each participant's individual journey and her current opportunities, challenges and transitions. Individual and collective strengths are harnessed to reframe the current situation and to access and release untapped potential.

THROUGH DIALOGUE AND SMALLER GROUP CIRCLES WE WILL:

Explore cycles of development unique to women - discovering where you are and where you are heading

Draw on and shed light on your personal life story which has brought you to this juncture

Understand the archetypal dimensions of yourself and in relationship with others both personally and professionally

Experience a unique symbols coaching process to identify current and emerging challenges from different perspectives

Gain clarity on dealing with barriers that stop you from harnessing your full power

Learn tools and practices to support you as you step into the new phase of your life

"CIYO is a fantastic opportunity to pause and reflect on various aspects of your life guided along by wise and inspiring women in a very safe environment."

**"Nana Efua- Otoo,
CIYO Alumna UK**

Faculty



Nicola Shearer

I am a certified coach and international facilitator. I offer individual coaching, team coaching and leadership development programmes for Multinational Organisations across Asia Pacific, Europe, USA and Africa.

I have over 20 years commercial and organisation development experience living and working in UK, China, Taiwan, South Africa, Sierra Leone, Japan. As Part of the CIYO global faculty since 2008, I have delivered CIYO programmes in UK, Netherlands, Turkey, Singapore, Japan and Vietnam.



Lucy Malcheva

I am a strategist, facilitator, and coach, known for my comprehensive approach to inclusion with a special focus on personal and corporate sustainability and wellbeing. As a prominent leader in gender parity initiatives, I founded the *Women*

Inspiration Platform in Bulgaria. I frequently speak at and participate in women's leadership networking events and initiate various programs to support women in fulfilling their genuine paths and to develop their full potential.



Registration

Complete the Registration form at <https://forms.gle/1mpCvo4znwcN9tqm9> by 30 September 2024.

Questions

Contact Lucy at lmalcheva@rightimage.bg

The Coming Into Your Own programme was developed by *The Ashland Institute* and the design, experimental and research phases of this programme were funded by the *Fetzer Institute* (USA). The collective Dialogic and Four Quarter frameworks and practices were pioneered by *Dialogos* and *The Ashland Institute*. **For over 20 years the CIYO global faculty have been leading successful programmes for women.**

