



ISF Conference 2022

Making new meaning, changing old habits

International Sophrology Federation - 11th International Conference Saturday 3 December 2022 – 12:30-4.30pm GMT

PROGRAMME

12.30pm to 12.45pm – Conference Opening and Welcome

Join Raquel Rubio-Higueras and Dorna Revie for the opening of the conference.

12.45pm to 1.15pm – Sophrology Practice

With Dorna Revie, President of the ISF

1.15pm to 2pm – Purpose and Values Over Time

With Jackie LeFevre

Interweaving personal stories with values theory and lessons from nearly two decades of practice Jackie will explore how our values help us make meaning and navigate uncertainty. There will be questions to reflect upon, an exercise or two to try and (hopefully) a few smiles raised along the way!

2pm to 2.15pm - Break

2.15pm to 2.45pm – New Book: Your Shooting Star to Self-Realisation

With Ishana Maharaj

Join Ishana Maharaj who will share her inspiration of writing her book “YOUR SHOOTING STAR TO SELF REALIZATION”. Also to unlock the benefits of Sophrology and her message to people around the world, on how this unique technique can positively impact them.

2.45pm to 3.45pm – The Science of Social Support in Daily Life

With Joy McClure

The belief that others will be there to support us when times are tough is a key predictor of human wellbeing. However, the interactions where we give and receive support from others are complex, and even well-intended support can make us feel worse instead of better. Joy will show us how research can help us understand how social support can go awry, and how to provide support most effectively.

3.45pm to 4pm – Break

4pm to 4.30pm – Integration, Wrap-up and Close

With Raquel Rubio-Higueras, Dorna Revie and Liz Murphy

An opportunity for conversation, sense-making and sharing reflections on the concepts explored during the day.

SPEAKERS

Dorna Revie



Our ISF President, Dorna, is the founder and CEO of The Energy Centre School and its subsidiary Sophrology Center Online, where she teaches the Professional Sophrologist Diploma. She has been teaching sophrology for over 30 years. Dorna studied sophrology at the Swiss Academy of Sophrology under three outstanding teachers: Dr Raymond Abrezol, Dr Guy Chedeau and Dr Alfonso Caycedo. Over the years she has also become a Neuro Linguistic Trainer, Reiki Master, Hypno-Therapist and has a Diploma in NeuroScience. Dorna's vision of sophrology is a world wide web of sophrologists who are shining lights spreading joy and happiness throughout the world.

Raquel Rubio-Higueras



Raquel is our ISF Community Facilitator, and a learning expert with over 15 years' experience in leading and coaching individuals as well as teams in organisations in various leadership roles in HR talent, leadership development, well-being and inclusion. Raquel is the founder of Art2BeHuman, a movement that aims to empower human beings to connect to their true nature. Her purpose in this role is to share the power of sophrology with the rest of the world.

Jackie LeFevre



Jackie Le Fèvre FCMI is the founder of Magma Effect and is currently researching values and wellbeing for her PhD with the University of Hertfordshire. Originally qualified as a zoologist and after more than a decade in nature conservation Jackie turned her attention to human behaviour and has been trying (often unsuccessfully) to understand people ever since. Following a career in the voluntary and community sector working at local, regional and national level Jackie began to specialise in consciously values-based practice in 2004. Jackie is National Advisor on Values to Wellbeing Teams which in 2018 won three national awards for values-based recruitment including the Guardian Public Service Award for HR. As a member of the Subject Matter Experts Group of the Chartered Institute of Management Jackie holds a remit for values and culture. Jackie is also a member of the UK Values Alliance and is a founder member of the Global Values Alliance.

Ishana Maharaj



During her time in Geneva, Switzerland, Ishana discovered a phenomenal Swiss holistic wellbeing method called, Sophrology. Fascinated by its history and successful practice in Switzerland, France, Spain and the UK over the last 57 years, she was drawn to its benefits to the modern family. As a Practitioner, her ultimate passion, is to help and support people in their journey of optimal health, well-being, and personal development. As the first Sophrology International Teacher in Africa, Ishana teaches students globally, online/face-to-face to become Sophrology Practitioners which is accredited internationally. Practicing for over 6 years, Ishana participated in Global Wellness talks and events (Topics: Sleep Well with Sophrology; Burnout; Supporting Fertility). Her personal clients or patients range from Corporate, Fertility, Pregnancy, Cancer, and Education.

Joy McClure



Joy McClure earned her doctorate in Social Psychology at McGill University in Montreal, Canada. She worked in academia for a decade before joining MindGym, an organization that specializes in behavior change in the corporate world. Joy has worked in developing Mind Gym's new point of view on wellbeing at work, which is transforming the way organizations think about supporting wellbeing. She is passionate about sharing her expertise in the psychology of relationships and sustainable motivation

Liz Murphy



Liz is our ISF Vice President. After several years combining sophrology with her work in leadership and organizational development, Liz is now Executive Director of the Sophrology Academy in the UK. The Academy is affiliated with the Société Française de Sophrologie in France. As ISF Vice President, Liz aims to contribute to raising the credibility and recognition of the sophrology profession so that many more people around the world can benefit from this empowering practice.
