



ISF Conference 2023

Sharpening our tools, deepening our wisdom

**International Sophrology Federation - 12th International Conference
Friday 23rd June 2023 – 1-4.30pm BST**

PROGRAMME

1pm to 1.15pm – Conference Opening and Welcome

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

1.15pm to 1.30pm – I am here, I am present: Sophrology Practice

With Florence Parot

1.30pm to 2.15pm – Exploring the healing power of voice

With Jill Purce

Join Jill Purce for a fascinating session where we will explore the transformative power of the voice and the breath through chanting and other techniques and how you can use them for yourself and working with others.

2.15pm to 2.30pm - Break

2.30pm to 3.15pm – The Neuroscience of Habits: How habits can help you and your brain

With Dr Colleen Lightbody

We know that change is not easy for human beings. In this session, Dr Colleen Lightbody will share the science behind habits and how we can make the change process to work for us instead of against us.

3.15pm to 3.45pm – Your story as brand: using personal experience to connect with others

With Tommy Browne

Inspiring clients to change their ways is not an easy task, however doing so with integrity and staying true to yourself may seem almost an impossible task. What if leveraging your personal story and brand could be the secret to your success?

3.45pm to 4.15pm – Supporting women after pregnancy termination for medical reasons: a pilot randomised controlled trial of a Sophrology wellbeing intervention

With Prof Caroline Lafarge and Liz Murphy

Caroline and Liz will share the aims and results of this study as well as lessons learnt from the experience.

4.15pm to 4.30pm – Integration, Wrap-up and Close

With Raquel Rubio-Higueras

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

SPEAKERS

Dorna Revie



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 the 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.

Florence Parot



Florence started practicing sophrology 30 years ago when she found herself burnt out. She then worked many years in corporate admin, finance and accounting. There came a time when she realised she wanted a more meaningful life. There she was, back inside for some deep soul searching. Both times, she was lucky enough to be able to rely on Sophrology. Both times it delivered, and she realised that she needed to lead the way for others with this technique. She started her new career as a sophrologist more than 15 years ago.

She created the first Sophrology training centre in the UK, [The Sophrology Academy](#). She has since opened another school of Sophrology in central France. She offers wellbeing programmes and retreats and she is the author of several sophrology books.

Florence was President of FEPS (Fédération des Ecoles Professionnelles en Sophrologie) for 3 years and co-President of ISF for a couple of years. She is passionate about the further development of sophrology in the world and knows the ISF is the perfect platform for this.

Jill Purce



*Jill Purce is recognized internationally as the pioneer of both the sound & the ancestral healing movements. In the 1970's she introduced the teaching of overtone chanting throughout the world & the spiritual potential of the voice for healing & meditation. In the early '70's she lived & worked with German composer Karlheinz Stockhausen, exploring the spiritual dimension of music. She learned overtone chanting in the Himalayas with the chant master of the Gyutö Tibetan Monastery. Jill practiced Dzogchen from 1978 with the late Namkhai Norbu Rinpoche. In the last 40 years she pioneered both her workshops, **Healing Voice & Healing the Family and Ancestors**, the latter a unique combination of Family constellations, chant & ceremony. Author of *The Mystic Spiral: Journey of the Soul*. Her recordings include *Overtone Chanting Meditations* and *The Healing Voice*. She lives in London with her husband, the biologist Rupert Sheldrake and their two sons, musician Cosmo and author and biologist Merlin. healingvoice.com*

Dr Colleen Lightbody



Dr Colleen Lightbody is the Director of Brainwise: Mastery Through Neuroscience. She is a respected Master Coach, Trainer, and International Speaker. Her global experience includes clients in the Asia-Pacific Region, the United States, Europe as well as throughout Africa. Her specific area of expertise lies in Neuroscience, Mindfulness, Brain-based Learning, Personal and Professional Coaching, and Emotional Intelligence. She is becoming known as "The Brain Guru" through her writing for blogs and magazines, as well as in television and radio interviews. In addition to a private, global coaching practice, Colleen has over 20 000 hours of training and coaching experience working with personal, professional and corporate clients. Colleen has a PhD in Mindfulness and Neuroscience and is the recipient of the University of Johannesburg's Top Achiever Award. She has a Master's degree in Leadership and a Postgraduate Diploma in NeuroLeadership through Middlesex University. Her positive and energetic style reflects the passion she has for her career and people, as well as a life living her core purpose of being a catalyst for change.

Tommy Browne



Tommy Browne is Head of Design, Americas, based in New York. He leads MindGym's design practice and is responsible for the development of design systems and strategic communications programs that drive change. In addition to his role as senior design director, Tommy leads MindGym's internal DE&I SteerCo and strategy globally.

Tommy has spent his career developing and managing brand strategies and identities for global companies both in agency and in-house settings for the likes of Delta Airlines, Bank of America, Starbucks, and The Associated Press. His experience focuses on developing purpose-driven strategies and executions for communicating complex ideas deeply and effectively through visual and experiential languages.

Tommy holds a bachelor's degree in communication design from the Carnegie Mellon University School of Design with a focus on information design and strategy.

Prof Caroline Lafarge



Caroline is Professor of Psychology and director of the MSc Health Psychology course at the University of West London. Her research focuses on reproductive health, in particular prenatal diagnosis, perinatal health and trauma, as well as on behaviour change interventions (e.g. weight management). She has a keen interest in positive psychology and runs workshops on emotional resilience. She is a qualified sophrologist and Research Director at the Sophrology Academy.

Liz Murphy



Liz is Executive Director of the Sophrology Academy and a member of the board committee of the International Sophrology Federation. Along with teaching sophrology students, Liz brings sophrology to leadership development programmes, wellbeing groups and restorative retreats. The exploration of values and consciousness has always been at the heart of Liz's career, continuing through her involvement in the UK Values Alliance where she was a founding steering group member, and now in helping to grow sophrology in the English-speaking world..
