

International Sophrology Federation - 13th International Conference
Friday 21st June 2024 – 1-5pm BST (UK)

PROGRAMME

1pm to 1.30pm – Opening and welcome to the ISF Conference experience

[Join ISF Board for the opening of the conference](#)

1.30pm to 2pm – Sophrology practice

[With Florence Parot](#)

An opportunity to connect with the present moment and the ISF community. Experience relaxation and let go of any tensions so that you can stay focused as we welcome our speakers.

2pm to 2.45pm – Sophrology and alcoholism - A case study

[With Lucile Diebler and Maria Romero Rosado](#)

This talk presents an in-depth case study illustrating how sophrology can be integrated into recovery programs to improve mental and physical well-being. We will explore the principles and practices of sophrology, examine the techniques used in the case study, and discuss measurable outcomes regarding stress reduction, emotional balance, and relapse prevention. These are the insights into the potential of sophrology as a complementary therapy in the journey towards sustained sobriety and holistic health.

2.45pm to 3pm - Break

3pm to 3.45pm – Sophrology and Neurodiversity

[With Anne Pestiaux](#)

Join Anne for an introduction to neurodivergence, overview of common neurotypes and frequent associated challenges. Find out how sophrology can help neurodivergent individuals become more self-acceptant and manage symptoms effectively.

3.45pm to 4.45pm – Integrative Health for Wholeness PANEL

[With Sarah Davison / Anais Roland-Gosselin / Corinne Guion](#)

Join our panellists on the conversation about the positive impact Sophrology and other disciplines can have in patients when collaborating with one another. Explore with our panel the opportunities to integrate approaches for the benefit of those who seek to improve their health.

4.45pm to 5pm – Integration, Wrap-up and Close

[With ISF Board](#)

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

SPEAKERS

Liz Murphy



Liz is our ISF President. After several years combining sophrology with her work in leadership and organisational 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 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.

Raquel Rubio-Higueras



Raquel is our ISF Community Facilitator, and a learning development and behaviour change expert. She has over 20 years' experience in leading and coaching individuals and teams in organisations in the talent and leadership development space. Raquel is the founder of Art2BeHuman, a movement that aims to empower human beings to connect to their true nature. Her purpose in this ISF role is to share the power of sophrology with the rest of the world.

Florence Parot



Florence is Treasurer of the ISF. She started practising 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. She started her career as a sophrologist more than 15 years ago.

Florence created the first sophrology training in the UK, The Sophrology Academy. She has since opened another school of sophrology in France. She offers wellbeing programmes and retreats and she is the author of several sophrology books.

Corinne Guion



Corinne is an ISF Board Committee Member and a Sophrologist and Wellbeing & Resilience Coach. She works with individuals (one-to-one or in groups) to help them build resilience and deal optimally with whatever challenge they are facing. In particular, she enjoys working with adolescents, helping them prepare for exams; young adults as they step into the world of work; mums to be/new mums for a better postnatal as well as the French speaking community in London.

Corinne also champions Wellbeing in the Workplace and works with businesses to offer workshops on wellbeing & resilience.

Lucile Diebler



Lucile Diebler is a certified Sophrologist, having graduated from the Sophrology Academy in 2018. Her journey with sophrology began in 2008 when she was struggling to recover from alcoholism, grappling with deep low self-worth and a lack of self-confidence. Through sophrology, she experienced profound changes, discovering the ability to work on deep levels of consciousness and guide others in recovery towards a more fulfilling life.

Sarah Davison



Sarah Davison is a Natural Menopause Expert and Homeopath, wife and Mother to a 19-year old son. It was receiving homeopathic treatment for perimenopause in her mid-forties that inspired her to undertake a Bachelor of Science degree in Homeopathic Medicine. She qualified in 2012 and has since specialised in helping other women navigate peri/menopause naturally, as she has.

She now collaborates with a number of other practitioners (including a Sophrologist) to provide holistic, natural menopause programmes.

Anne Pestiaux



Anne Pestiaux is the founder of The Holistic ADHD Woman, a mind-body coaching practice that specialises in supporting ADHD clients to thrive with their brain difference. Combining her knowledge and experience of various mind-body disciplines, Anne helps fellow ADHDers design a supportive lifestyle and manage symptoms effectively so they get to tap into their superpower.

Anais Roland-Gosselin



Anais has been passionate about human development for over 20 years. She is the founder of Anaissance, created in 2014.

Anaissance proposes to accompany and support people facing certain key moments in the health field. She joined the first Integrative Medicine Institute to work as part of a team of doctors and caregivers to support people facing chronic diseases, especially cancer.
