

Johnnie Moore and Kay Scolah present:



Johnnie and Kay's day of noticing.

Between us it seems that we are so old that we have over 40 years of experience as facilitators, and we both had proper jobs before that.

We recently realised that we have a great deal in common in terms of our values and beliefs, and we decided to see what might happen if we pooled our ideas and tools in a series of workshops.

The first of these will take place in Dublin on Friday April 3rd at the Wisdom Centre. Sophia House. Cork Street.

What to expect on the day.

In one sense, we have no idea. We think far too many of these sorts of workshops set out tantalising shopping lists of outcomes – but as a result deny the most important factor of all: what can happen spontaneously when a group of people get together to share learning and experience.

We will encourage you to achieve a new level of attention and noticing. We've come to believe that developing this kind of awareness is central to our own practice when working with individuals and groups. Attention to yourself and others, to your immediate environment, to your inner voice, to what others are saying and doing. We will share tools and games that we have ourselves found useful, and that we have used with thousands of groups over decades of experience.

But what you choose to do with this on the day or later is both within you now, and up to you in the future. What will happen depends, as always, on who turns up.

We can promise a range of verbal, physical (but not difficult), meditative, reflective, amusing and extraordinary activities all designed to help you notice more.

If you go on to use all this to help yourself and others to be more creative, more fulfilled, more beautiful, thinner, richer, healthier, then we'll be delighted for you.

The cost for the day is €200 including lunch.

It will begin at 10 and end at 4.30.

Please wear comfortable clothing that you can move around in.

To sign up, or for more information, e-mail kay@havemorefun.org or call (+353) 872455020

Johnnie Moore's first job was a speechwriter to Lord Sainsbury before going into advertising – first as a copywriter and then as a planner. He ran his own marketing consultancy for many years before retraining as a facilitator. He's completed a postgrad training in psychotherapy and experienced a variety of approaches to personal development including firewalking and improv theatre. He now works with private and public sector organisations including Johnson & Johnson, the BBC, the Welsh Government Assembly and PWC.

By way of contrast, Kay Scolah began her working life as a biochemist in the Max Planck Institut fur Biophysik in Frankfurt, Germany. However, just like Johnnie she too moved into advertising and was Director of Account Planning at 2 London ad agencies before setting up her own consultancy in 1988. In her quest to become a better facilitator, she has studied acting at the Beverly Hills Playhouse, completed a yoga teaching diploma, and studied movement forms from Butoh to Bouffon. She is on the board of the Corn Exchange Theatre company and Dance Theatre Ireland, and was a judge in the 2008 Dublin Fringe Theatre Festival. Corporate clients include Procter and Gamble, Kellogg's, EDF Energy, GE. Pro bono clients are Sophia Housing and Barretstown Camp.