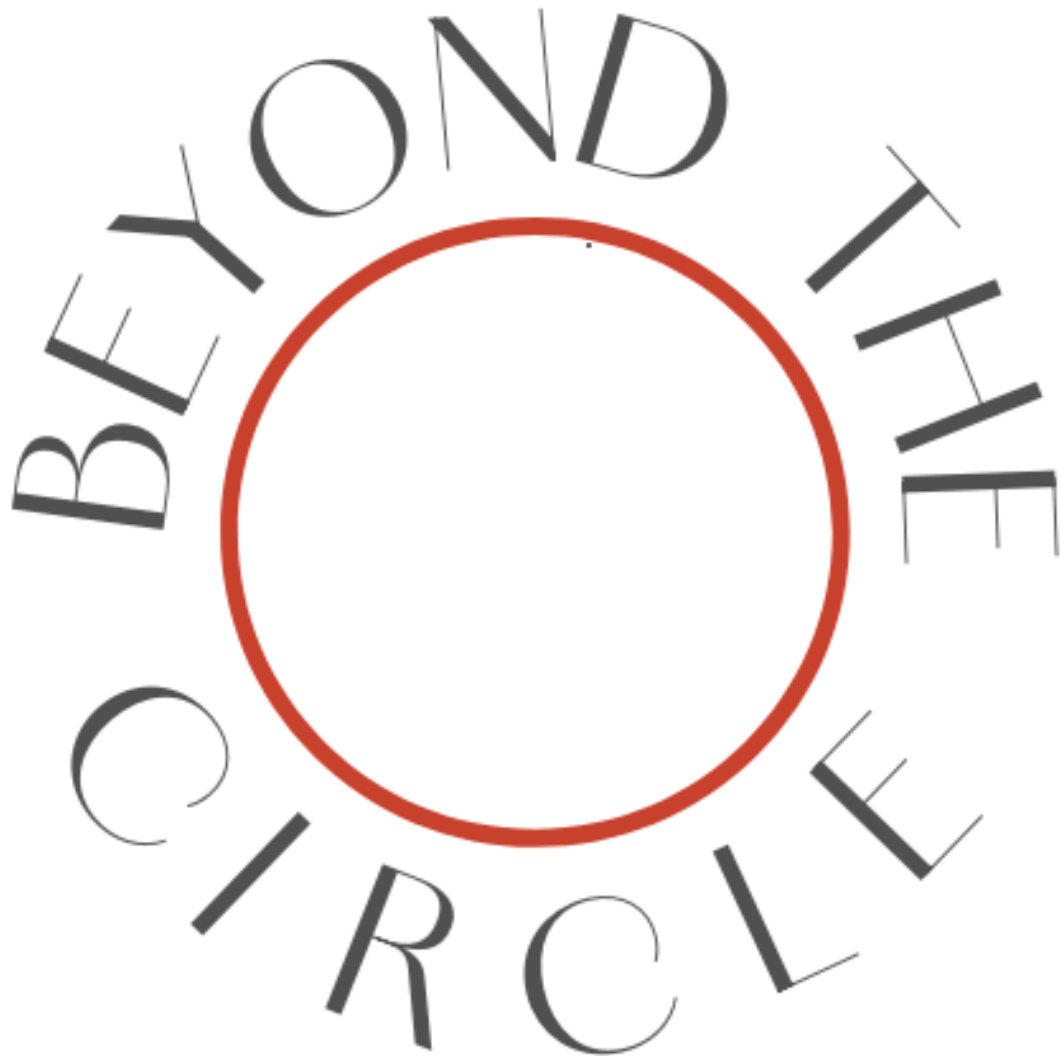


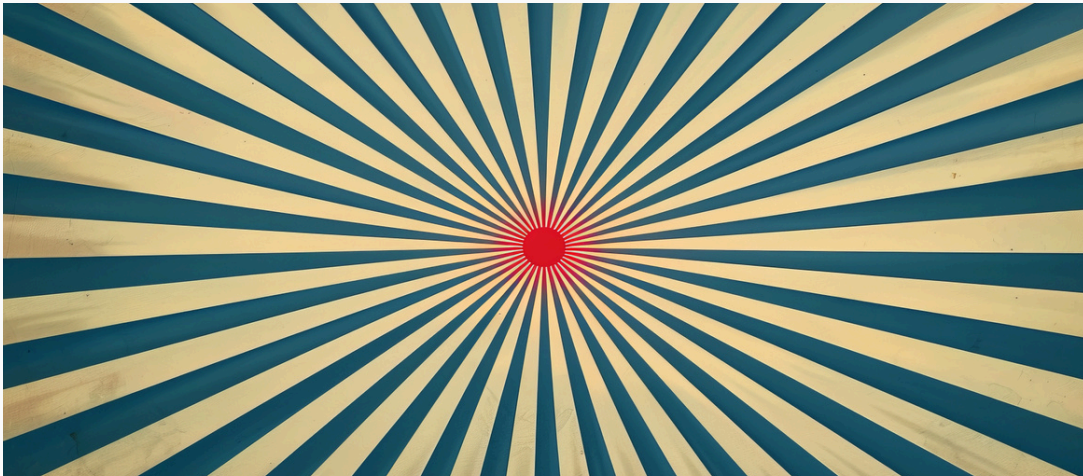
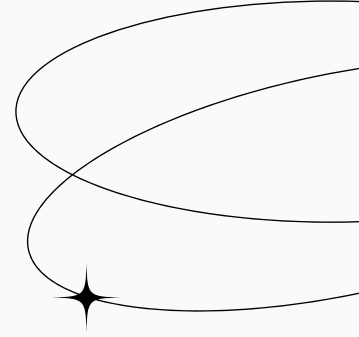
# Beyond the Circle

A deep dive into authenticity and  
compassionate leadership



Making the Invisible Visible

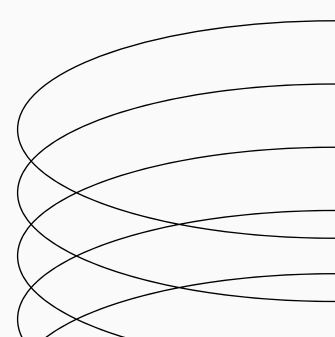
# INTRODUCTION



Beyond the Circle offers a transformative journey into personal and collective growth, equipping you with the tools to understand and navigate the complex dynamics of human perception, relationships, leadership, and healing. In Module 1, you'll awaken to how beliefs shape reality, explore relational roles, and develop compassionate conflict resolution skills. Module 2 deepens your connection with the body's wisdom, focusing on psychological safety and somatic healing. Module 3 explores systems thinking and collective healing, teaching you to create sacred spaces for transformation. Finally, in Module 4, you'll integrate your learning through hands-on facilitation, embodying the power of collective wisdom in action.

## Who is this for:

- Therapists who wish to expand their offerings into support group work
- Current facilitators looking for a different approach to facilitation
- Yoga teachers who wish to grow their business through offering conscious workshops and circles
- Corporate leaders looking for a more compassionate approach to leadership
- All human beings who have a desire to make a difference in their lives and the lives of others





# LEARNING OBJECTIVES

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## Module 1: The Awakened Mind

In this module you will learn how to:

- Understand how beliefs and perceptions shape reality.
- Explore ego, identity, and parts of the self.
- Analyse relationship dynamics and roles.
- Set and maintain healthy boundaries.
- Navigate conflict and chaos with compassion.
- Practice emotional regulation techniques.
- Develop conscious leadership and authentic connection.

## Module 2: The Wisdom Body

- In this module you will learn how to:
- Build psychological safety and trust in groups.
- Apply trauma-informed facilitation.
- Understand the body's role in healing and emotional regulation.
- Explore energy dynamics in relationships.
- Practice somatic self-regulation and embodied awareness.

## Module 3: The Living System

In this module you will learn how to:

- Understand living systems and the concept of wholeness.
- Explore the subtle body, collective unconscious, archetypes and the shadow.
- Learn cultural competence for inclusive dynamics.
- Recognise the significance of life cycles and transitions.
- Create sacred containers for healing through ceremony and ritual.
- Master facilitation: holding space, managing conflict, and encouraging self-organisation.

## Module 4: The Power of the Collective

In this module you will learn how to:

- Apply group facilitation skills in a circle setting.
- Create safe, transformative group spaces.
- Manage group dynamics and collective wisdom.
- Receive and integrate feedback from peers and instructors.
- Cultivate confidence and presence as a group facilitator.



# MODULE 1: THE AWAKENED MIND

In this module, we dive into the foundations of human perception, belief systems, and the dynamics that shape our relationships and interactions. By exploring how the mind works, we gain insight into how our perceptions and filters shape our behaviour. We will also study the roles we play in relationships, learn how to navigate conflict and chaos with compassion, and develop conscious leadership skills that create authentic connections and collaboration.

## Part 1: Exploring Beliefs and the Power of Perception

This part invites you to investigate how beliefs shape reality. You'll learn about the role of perception, how the ego forms our identity, and the parts of ourselves we project onto the world. By uncovering how filters influence our thinking, we open the door to new ways of seeing and interacting with the world.



# MODULE 1: THE AWAKENED MIND

## Part 2: Relationship Dynamics and Roles

Relationships are at the core of our human experience. Here, you'll be introduced to models like the Parent/Child/Adult Ego State Model and the Drama Triangle, which illustrate common roles we play—such as Victim, Persecutor, and Rescuer. We'll also explore dynamics within ourselves and others and discover how setting healthy boundaries can transform our relationships.

## Part 3: Compassion in Conflict & Chaos

Conflict and chaos are inevitable, but they are also opportunities for growth. This part helps you understand emotional triggers, activate self-awareness, and regulate your emotional responses. You'll learn how to bring compassion into difficult situations and develop skills to remain grounded amidst challenges.

## Part 4: Conscious Leadership

Leadership isn't just about guiding others—it's about cultivating authentic connections and creating an environment where everyone can thrive. In this part, we'll explore the principles of conscious leadership, group agreements, and ways to build trust and openness within groups.



# MODULE 2: THE WISDOM BODY

This module explores the body as a source of wisdom, healing, and connection. From understanding the basics of psychological safety in relationships to somatic healing, you'll gain insight into how the body holds intelligence and how we can use this awareness to cultivate deep trust, emotional safety, and embodied leadership in group settings.

## Part 1: Psychological Safety

Creating environments where people feel safe to express themselves is key to successful relationships and group dynamics. In this part, you'll learn the principles of psychological safety, how to build trust, and trauma-informed practices for facilitating groups with care and empathy.

## Part 2: Somatics and Embodied Healing

The body holds deep wisdom and is central to our healing process. Here, you'll learn about somatics—how the body processes emotions, stores trauma, and can guide healing. You'll explore energy dynamics in relationships and practice somatic self-regulation techniques to cultivate physical and emotional balance.



# MODULE 3: THE LIVING SYSTEM

This module focuses on understanding the world as a living, interconnected system. Through the lens of holistic systems theory, we'll explore how healing is a collective journey, and how life cycles bring meaning to our experiences. You'll also learn how to create sacred spaces for healing, transformation, and connection.

## **Part 1: The Whole is Greater than the Sum of its Parts**

In this part, we'll examine the characteristics of living systems and explore the concept of wholeness. You'll learn about the interconnectedness of neural systems, ethics in empathy, and how everything is intricately connected within a larger system of life.

## **Part 2: Healing as a Collective Journey**

Healing is not an individual path but one we walk together. Here, we'll dive into the concepts of the subtle body, the collective unconscious, and the field of shared energy. We'll also look at the roles of archetypes and shadow work, as well as the importance of cultural competence and intersectionality in creating inclusive spaces for healing.



# MODULE 3: THE LIVING SYSTEM

## Part 3: Celebrating Life Cycles

Life is made up of significant transitions and cycles. In this part, you'll explore rites of passage, the significance of transitions such as birth, death, and rebirth, and how we can honour these life cycles in meaningful ways.

## Part 4: Creating Containers for Healing

Healing requires safe and sacred spaces. In this part, we'll study the tools and practices to create containers for healing, such as ancient tribal gatherings, rituals, and ceremonies. We'll explore the symbolism of the Medicine Wheel from both Celtic and Native American traditions, and how to open and clear spaces to support healing and transformation.

## Part 5: Facilitation Mastery

Mastering the art of facilitation involves more than leading—it's about holding space, encouraging self-organisation, and fostering creativity. In this final part, you'll learn advanced skills for creating supportive environments, managing tension and conflict as creative forces, and modelling presence and authenticity in group settings. We'll also focus on how to build relationships, give and receive feedback, and honour diversity and complexity in group dynamics.





# MODULE 4: THE POWER OF THE COLLECTIVE

In this final module, you will integrate all the knowledge and skills you've gained throughout the course and apply them in a real-world context. This is where theory meets practice, as you step into the role of facilitator within a group circle.

## **Facilitating the Group Circle**

This module offers you the opportunity to step into a leadership role by facilitating a group circle, where you'll guide participants through a meaningful process. The circle acts as a microcosm of the larger collective, allowing you to experience the dynamics of group energy, diversity, and shared purpose in action. As a facilitator, you'll apply principles of conscious leadership, emotional regulation, somatic awareness, and systemic thinking, all of which you've explored in the previous modules.

## **Assessment and Feedback**

Feedback is a crucial part of growth. During this module, you'll be assessed on your ability to create a safe, supportive environment for the group, hold space for conflict and tension, and encourage self-organisation within the collective. Both your teacher and peers will offer constructive feedback, highlighting your strengths and areas for improvement. This collaborative feedback process will deepen your learning and provide valuable insights into your facilitation style.

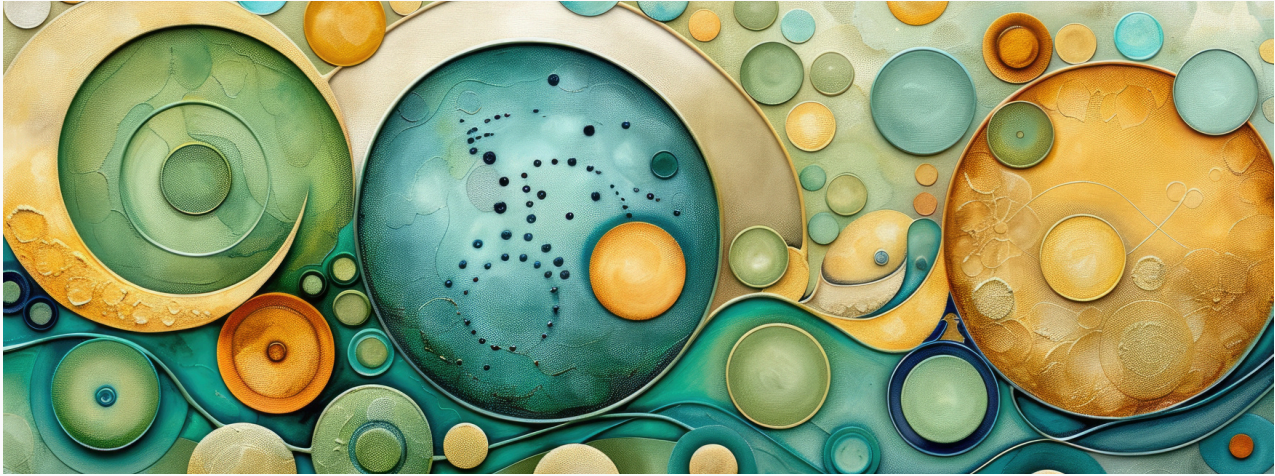
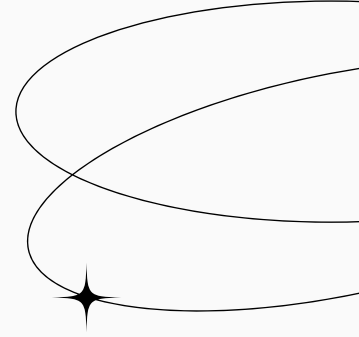


# MODULE 4: THE POWER OF THE COLLECTIVE

## Embodying Collective Wisdom

As you facilitate and participate in the group circle, you will experience firsthand the power of collective wisdom—how groups can come together to co-create a space of healing, creativity, and transformation. This module will help you refine your ability to attune to group dynamics, listen deeply, and respond authentically to the needs of the collective. By the end, you will have developed a greater sense of confidence, presence, and clarity in your role as a facilitator.

# INVESTMENT



**Duration:** 100hrs over 9 live in-person workshops and 10 hours online study.

**Dates 2025:** 26/27 April 17/18 May 14/15 June 25/26/27 July Final assessment weekend

**Investment:** £1200

**Early Bird:** £999 before 31 December 2024

**Deposit:** £200

Payment plans available

A bursary and free space are also available by request at [hello@calmcollective.com](mailto:hello@calmcollective.com). If you wish to apply please write to us and let us know why you feel you deserve a space. You can only apply for one or the other. Closing date is 1 December 2024.

By application at [hello@calmcollective.com](mailto:hello@calmcollective.com)

The online portal will open on April 1st. There will be an expectation to have completed the first online module (approx. 3hrs) before the live training. Once the first live training module is complete the second online module will be released.

To complete the training and receive a Calm Collective Certification, you must attend all live trainings. If you are unable to get to the studio because of illness, then you can join online. If a circumstance arises where you are unable to attend part of the live training, we can discuss catching up in a 1-2-1 session which will be at an extra cost.

# FACILITATOR

Hey friends, my name is Tracy, and I'm here to shake things up and help change the System.

I'm deeply rooted in the belief of the 1200 year-old Shambhala Prophecy - the idea that everyday people will rise up in a time of need to bring balance and healing to the world. I truly believe that time is now.

With over 15 years of exploring and learning about human behaviour, I've gathered wisdom in depth psychology, neuroscience, somatics, death & dying and facilitation. My heart's mission is to empower people, inspire change, and guide us all to a more connected, conscious world.

My roles:

- Neuro Linguistic Psychotherapist
- Senior Accessible & Inclusive Yoga Teacher
- Founder of Calm Collective Yoga
- Circle Facilitator
- Soul Midwife
- Shamanic Practitioner
- Grofian Psychedelic Assisted Therapist & Holotropic Breathwork Facilitator In-Training
- Mother, Crone, Human Ally



\*Shambhala Warrior Prophecy

A 1,200-year-old Tibetan Buddhist prophecy of 'The Shambhala Warrior'. It tells of the rising of regular people who wish to bring about great change and healing through the powers of **Compassion** and **Insight**.

[You Tube Video](#)

[Shambhala Warrior Prophecy](#)