



Cultivating JOYBeing[®] in a Changing World



Connecting to our Inner Strength
for Greater Wellbeing and Impact



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When we are joyful, we smile, our hearts open, we feel connected and engaged and at peace. We are awake and present and thrilled to be alive. This way of living life we call "JOYBeing®".



 *How would your life look if you experienced more joy and wellbeing or "JoyBeing®" every day?*

 *When joy becomes a habit, life flows each day with ease.*

 *Are you choosing joy each day?*

 *How would your life be different if you chose to experience joy at work, home, in your relationships and in everyday life?*


*Children laugh approximately
300 times a day, while adults laugh less than 5 times.
What do you need to connect with your playfulness?*

Joy is a critical and essential component of wellbeing. **JOYBeing®** is our process for ensuring that joy is awakened and always present for a healthy and fulfilled life.

JOYBeing® is a way of experiencing joy in all areas of your life in good and challenging times. It is a state where we are physically, emotionally, mentally and spiritually present and intentional about the choices we make. It is a presence we choose where we create, reflect, use and attract and connect to our life energy.

What would be different in your life if you moved from a place of JOYBeing®?



This live experiential **virtual course** aims to **create awareness** and support leaders and people from all walks of life. You will engage in a process to **reconnect with the energy of aliveness and wellbeing** and be open to **positively influencing others**.

This course will enable you to use your internal resources to **make intentional choices** that will lead you **to a powerful presence** and **fulfilled life** that will positively influence others for greater impact.

You will learn practices and experience processes that will support your wellbeing on this journey towards **bringing more joy and aliveness into your life**.

The course includes **experiential processes, guided meditations, practices** and an **interactive environment** for connecting, sharing and learning together.



Who is the program for?

We are the leaders of our lives and the way we choose to be present each day influences the impact we create in the world.

This course is for **people who want to experience wellbeing** and **reconnect to their life energy** and **joy** to make a difference in their world and the lives of others.

As a leader, professional, coach, parent or influencer you will explore your patterns of joy and discover your path towards developing a new mindset through experiential practices.

We tend to think that joy is dependent on external circumstances such as when we achieve a goal or when we have a better job or relationship or even after a big purchase such as a home. However, joy is internal and is always accessible to us.

We all have habitual patterns that create stress and deplete our energy. While these habits may have once served us, today we can build new neural pathways that support us to create a fulfilling life since joy is an internal experience and is not dependent on external circumstances.



Are you aware of your habitual patterns that limit joy?



What practices might serve you to create more joy in your life?

If you want to explore these questions and discover your JOYBeing® then this workshop is for you.



Benefits of this experiential program

- Experience **JOYBeing®**
- Learn new practices that will connect you with inner joy
- Become aware of what gets in your way of experiencing **JOYBeing®**
- Let go of patterns that are no longer serving you
- Create a trusting environment that welcomes possibilities for joyful exploration and expression
- Develop a joyful mindset
- Cultivate new habits that support **JOYBeing®**
- Set a clear intention of your vision for a joyful life
- Develop a practice to support your experience of **JOYBeing®**



Format

Two-hour, interactive experiential virtual sessions on Zoom, for 5 consecutive weeks.

Sessions include:

- Centering experiences
- Experiential processes to embody joy and aliveness
- Interactive and reflective exercises
- Practices to reinforce connecting to joy
- Teachings that include diverse perspectives
- A workbook to support the learning
- A rich environment of sharing
- Daily practices to explore **JOYBeing®**



Content of the Program



SESSION 1: EXPLORING JOY AND ALIVENESS

In this session, you will explore the meaning of joy and how it is different from happiness. You will go deeper in exploring where joy and aliveness lives in you and how to easily access it. You will learn the path to JOYBeing and practices to support you in staying connected to joy.



SESSION 2: UNDERSTANDING EMOTIONS

Our thoughts create emotions. In this session you will create an awareness that will allow you to relate to your emotions in a positive and healthy way. You will gain more understanding of the role of your emotions and of how to manage them with awareness and choice using the 4 A recipe to process emotions.



SESSION 3: IDENTIFYING OUR HABITUAL PATTERNS & TRAPS THAT LIMIT *JOYBeing*®

In this session you will explore your inner critic and how unconsciously you strengthen this voice and give it more power which does not always serve you. You will identify your habitual patterns that limit you and learn the E-MRI awareness tool that will support you in connecting to joy and aliveness.



SESSION 4: RECONNECTING WITH THE CHILD WITHIN

In this session you will focus on reconnecting with your child within to experience joy and creative flow. From a centered presence you will contact, listen to and appreciate this part in you with curiosity and non-judgment. As leaders, you will explore the power of reconnecting with the playful and creative energy that inspires others. You will also learn how to connect and experience the power of your wise self



SESSION 5: CONNECTING WITH THE JOY OF THE FUTURE SELF

In this final session, you will focus on your commitments and create an action plan for enhancing joy and aliveness. You will strengthen your support mechanisms which include daily practices to sustain **JoyBeing®**

What participants say about the 'CULTIVATING JOYBeing' course:

Ann and Gila are the consummate professional coaches/teachers. They embody joy and share their lived experiences with grace and openness. Their guidance is grounded in multiple disciplines, enabling me (the learner) to find applications for my personal self and my use of self in work with others. I have already recommended the course to others. -Nora O'Brien-Suric, President, Health Foundation for Western & Central New York	I just completed the JoyBeing course and let me voice my thoughts in one word- FANTASTIC!! This "experience" was like no other. I enjoyed sharing my feelings openly with talented people across the world. I learned so much about myself. Ann and Gila are outstanding. Don't ponder as to whether you should do this-it's essential!! -Mario Weiss, Leader and Executive Coach
We all tend to lose joy as life happens to us. It is crucial for everyone to stop at one point and think about joy and how to remember to feel it in our everyday life. This course definitely helps you realize all the limits you've exercised on yourself that are really not necessary and therefore we lost the simple feeling of pure joy. I believe Gila and Ann are great in helping us as we struggle with our self-inflicted limits. -Ela Gokkin	I would absolutely recommend this program. It was wonderful! In our busy world, it can be hard to make space for joy. Through this class, I find myself opening to joy much more frequently, and I have new tools that I can use to keep joy manifesting in my life. I'm deeply grateful to Ann and Gila for what they have created and to the class for joining in a community of joy. -Laurie Zuckerman, President, Zuckerman Consulting
This was a beautiful and long overdue experience for which I feel deep, deep gratitude. -Julia, HR Leader, Fortune 100 company	I enjoyed the JOYBeing program. It was wonderful. -Michelle McCarthy, MA ACC ACPC coach, Canada
Cultivating JOYBeing is an excellent course helping build key skills and practices to create JOY in ourself and inspire others. I enjoyed the opportunity to work with internationally-based people. -Shamim Nasser, Executive Coach, Discovering Potentials (London)	

Who are the facilitators?



We, Ann and Gila, met over 15 years ago, each from different ends of the world--Chicago and Istanbul. We discovered we both had the intention of experiencing more joy and aliveness. We joined together on this mission and have explored many avenues. This is how **"JOYBeing®"** came to life. We continue to explore and expand how to live life from a place of **JOYBeing®**. This experiential course reflects our learnings and our deep experiences of living joy. We are excited to share and explore what is possible for you.

Ann grew up in a family where she had many responsibilities and "working hard" became her way of being as a child which narrowed her window to experiencing joy. She chose the path of exploring curiosity and compassion to be open to joy. She is committed to experiencing **JOYBeing®** and openness for herself and others.

Gila means joy in hebrew. Gila has been hearing her name called more than a million times throughout her years. Part of her journey of self-discovery has been a search towards giving life to joy, embodying her name and working towards creating a life of **JOYBeing®**



Our professional experience:



Ann Van Eron

Ann Van Eron, Ph.D., MCC is an ICF-accredited Master Certified Coach, author, and founder of Potentials, a global leadership development, coaching, and organization development consulting firm. For more than three decades, she has partnered with leaders, teams, and organizations across industries and cultures to create open-minded, collaborative, and thriving environments where people can do their best work and live their fullest lives.

Known for her warm, pragmatic, and inspiring approach, Ann blends evidence-based practices with deep human insight to help people cultivate awareness, connection, and joy, even in times of uncertainty. She is the creator of the OASIS Conversations® process, a practical framework for fostering trust and dialogue that leads to meaningful results.

Ann is the co-author of JOYBeing: Connecting with Your Essence and the Rhythm of Life to Thrive and Inspire, and author of OASIS Conversations: Leading with an Open Mindset to Maximize Potential and Open Stance: Thriving Amid Differences and Uncertainty. Certified in somatic coaching and organization development, with a doctorate in Organizational Psychology from Columbia University, she designs and leads experiential learning programs that spark transformation and resilience.

Her clients include Fortune 100 companies, government agencies, and global NGOs such as CVS Health, the United Nations, the World Bank, and Ford Motor Company. Based in Chicago, Ann brings curiosity, optimism, and genuine care to every interaction, inspiring people to lead, live, and connect with joy.

Visit <http://joybeing.org> , www.potentials.com and www.OASISConversations.com

Contact Ann at: avaneron@potentials.com



Gila Ancel Şeritçioğlu

Gila Ancel Şeritçioğlu, MA, REAT, CSC, MCC is an ICF-accredited Master Certified Coach in Turkey, and is the founder of Gila Seritcioglu Coaching. She is a Gestalt and somatic coach, expressive arts therapist, educationalist, and trainer, with over three decades of experience in developing human potential and enhancing performance. Based in Istanbul, she works globally with Fortune 500 companies, C-level executives, leadership teams, and organizations, guiding them to unlock their inner strengths, transcend limitations, and create meaningful, lasting impact.

Known for her transformational and unconventional approach, Gila designs and delivers experiential learning programs that inspire clarity, presence, and purpose. Drawing on her deep expertise in somatics and the expressive arts, she creates learning experiences that go beyond traditional leadership development inviting leaders to reconnect with their essence, explore new perspectives, and step fully into their potential.

She is the co-author of *JOYBeing: Connecting to the Essence and Rhythm of Life to Thrive and Inspire*, a book that offers practical tools and inspiration for cultivating joy, aliveness, and well-being in both personal and professional life. Gila is also the co-founder of the *Gestalt Center for Coaching*, which delivers ICF-accredited coach training programs that blend Gestalt principles with cutting-edge leadership development practices.

Her signature program, *Coming Back to Center*, is held in Tuscany, Italy, and integrates horses, somatics, and expressive arts. These retreats are especially designed to strengthen leadership presence and help leaders remain centered and effective under pressure and uncertainty, drawing on the power of embodied learning and nature-based experiences.

Over her career, Gila has partnered with leaders across cultures and industries, helping them embrace change, navigate complexity, and inspire others. She has served as visiting faculty in the HEC Global Executive Coaching Program in Paris, contributing her expertise in leadership presence, somatic awareness, and creative transformation.

Married and the mother of two daughters, Gila brings a warm, human, and deeply intuitive presence to her work, inspiring her clients to lead and thrive from their authentic center.

Visit <http://joybeing.org> , www.gilaseritcioglu.com , www.comingbacktocenter.com and www.gestaltcenterforcoaching.com
Contact Gila at: gilaincrea@gmail.com.



DATES

Mondays, January 19 – 16 February, 2026

11:30 – 1:30pm ET / 5:30 – 7:30pm CET / 7:30 -9:30pm Istanbul time

Session 1: **19 January**

Session 2: **26 January**

Session 3: **2 February**

Session 4: **9 February**

Session 5: **16 February**

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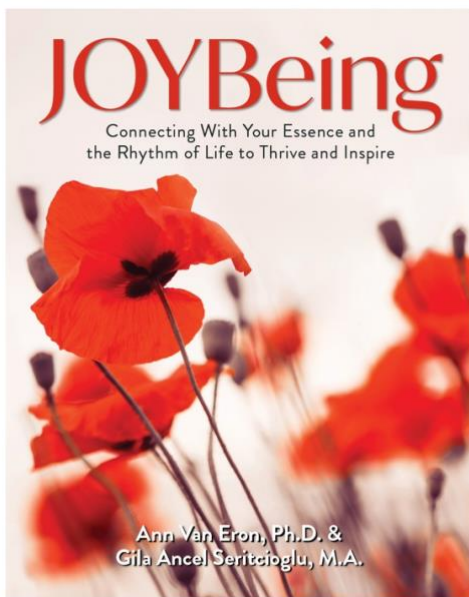
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Are you ready to reconnect with your joy, reclaim your vitality, and inspire others to do the same? What if joy isn't something you find—but something you awaken?

In a world beset by polarization, wars, trauma, disconnection, and technological challenges, it's easy to drift away from the vibrant life energy that is your birthright. Yet even amid this turbulence, a path exists to connect with the radiant essence within you—*JOYBeing*, the joy of being.

JOYBeing is more than just a fleeting feeling—it's a state of being. It's about intentionally connecting to the life force that animates you, recognizing that your vitality and joy are always accessible and waiting to be awakened. *JOYBeing* is a way of living that infuses our days with meaning and connection. It's the joy of being alive.

JOYBeing offers many practical tools, practices, and insights to cultivate habits that allow vibrancy and aliveness to bloom. Whether you're a leader looking to inspire others or an individual seeking greater fulfillment, *JOYBeing* is your guide to fostering a sense of aliveness and belonging in your life, community, and organization. *JOYBeing* is an invitation to embark on a journey towards a more purposeful and inspiring life.

"JOYBeing offers a beautiful blend of wisdom and practical tools that empower readers to cultivate joy in their daily lives. This book is a must-read!"
-DR. MARSHALL GOLDSMITH is the Thinkers50 #1 Executive Coach and New York Times bestselling author of *The Earned Life*, *Triggers*, and *What Got You Here Won't Get You There*

"I remember the day I realized that to deal with the pressures of work and stressors of a chaotic, divisive world, I had shut down my emotions. I didn't feel pain, but I also couldn't feel joy. I wish I had this book then!"
-DR. MARCIA REYNOLDS, author of *Outsmart Your Brain: How to Master Your Mind When Emotions Take the Wheel* and *Breakthrough Coaching*

*"Gila and Ann are drawing a conclusive and comprehensive map of self-exploration and self-reflection to develop an inner state of being and joy. As leaders, we have the response-ability to walk our talk and expand the radius of our awareness, state of being, and joy to be an inspirational force in the world. This book, *JoyBeing*, is a gateway to that authenticity."*
-THOMAS HUBL, PhD, author of *Healing Collective Trauma and Attuned*

*"During these times of uncertainty and bedlam, *JOYBeing* offers a necessary medicine for the Spirit. This offering of pragmatic practices and insights, makes this a valuable doorway into the exploration of leading a grounded, joyous life."*
-RICHARD STROZZI-HECKLER is the founder of *Strozzi Somatics* and author of *Embodying the Mystery: Somatic Wisdom for Emotional, Energetic, and Spiritual Awakening*

 **Gila Ansel Seritcioglu, MA, MCC**, brings over thirty years of experience in unlocking the potential of leaders across diverse industries, including Fortune 500 companies. As a psychologist, executive, certified somatic coach, expressive arts therapist, and gestalt practitioner, she partners with executives and teams to drive transformation and foster innovation. Gila has co-founded the Gestalt Center for Coaching and is also a co-founder of the *Coming Back to Center* workshops series held in Tuscany, where she inspires leaders to cultivate awareness, resilience, and presence through powerful experiential practices in nature.

 **Ann Van Eron, PhD, MCC** is the CEO of Potentials, a global leadership development and executive coaching firm. Ann works with leaders, teams, and organizations to create open-minded, collaborative, and engaged environments. She focuses on creating awareness and meaningful connections, fostering engaging conversations, inspiring joy, supporting transformational change, and realizing potential. She has a doctorate in organizational psychology and is a master certified coach, somatic practitioner, and organization development consultant. Her previous books are *OASIS Conversations* and *Open Stance*. Clients include CVS Health, the United Nations, The World Bank, Ford Motor, and a broad range of organizations.

Open View Press
Personal Development/Leadership/Wellbeing

For Additional Resources Visit: www.JOYBeing.org



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