



Real freedom from
difficult emotions, for
yourself and others

An overview of 5th Place's
Shape of Emotion™ curriculum

South Africans will experience a depressive disorder at least once during their lifetime. Workplace stress, burnout and ill health costs the country around R40 billion annually. **Shape of Emotion** used strategically can make a sustainable difference.

With **Shape of Emotion**, the volume of any difficult feeling (sadness, anxiety, etc) can be turned down, released and let go. It can also be used to amplify and turn up the volume on any positive feeling (joy, excitement and happiness). **Shape of Emotion** is used by people of all ages, gender and race. It can be used on its own, as a primary intervention or included as a complementary tool with other modalities and approaches.

It's always about you

Everything starts with you. If you do not attend to yourself first, you cannot attend to anyone else with the integrity, mindfulness and compassion that working with others calls for.

The learning journey starts with an inner, personal one on the *Level 1 — Shape of Emotion Foundation course*. Understanding what emotions and feelings are and the importance of self-work. Why dealing with your own difficult emotions and seeing them as gifts and opportunities is an imperative if any change is to be embarked on. Learning the process and then practicing it on yourself. This is the first step in the work.

Once you are proficient with **Shape of Emotion** for yourself on both difficult and positive feelings, you can continue to the next level to complete either one or both of the Level 2 courses on offer.

Level 2 — Apprentice explores using the tool in a group setting. Anyone who does group work, group coaching or counselling, including teachers who want to use it with their classes will find the **Shape of Emotion** group work a useful resource. The content-free nature of the process makes it particularly appropriate.

Level 2 - Artisan teaches how to incorporate **Shape of Emotion** as a tool or use it as a complete model in a one on one session. Many of our unresourceful behaviours and most of our repetitive triggers or hooks originate from our childhood. Clearing these past patterns is a specific focus of this level.

A key element of all the training is personal practice and practicum work. This is done after each course. Practicing the skill and reflecting on it as part of the learning process is required. We are aware that not everyone finds writing easy, so we accept a variety of options to consider: journaling, drawing, painting or other visual interpretation of reflections, even audio recording of thoughts.

Who will benefit from attending these workshops?

- Coaches, counsellors, therapists, caregivers, teachers, parents
- Wellness teams and holistic health care practitioners
- Professionals, managers and leaders working with people
- Individuals interested in personal development
- Anyone interested in making a difference in the world

SHAPE OF EMOTION™



SHAPE OF EMOTION TRAINING

Level 1: Foundation

*"The feeling that any task is a nuisance
will soon disappear if it is done in
mindfulness."
—Thích Nhất Hạnh*

At the end of level 1 participants will know why self-work is the foundation of this work. They will have an overview of the principles that underpin the work. They will be able to use **Shape of Emotion** as a daily practice for themselves.

Experiential practice & theory

Learn *why it always starts with you* and why self-work is vital

Understand *what burying, avoiding and numbing emotions looks like* and the effect it can have

Gain a deeper appreciation of *how stress and anxiety impacts* your world

Learn *mindfulness techniques* including the highly effective **Shape of Emotion** approach to become more present

Easily, safely and sustainably *regulate and manage emotions* for profound, transformational change

Explore the *12 principles of a 5th Place* enhancing your capacity to live masterfully and mindfully

Develop personal and professional relationships grounded in integrity, appreciation and respect

Learn to *live with a greater sense of wellbeing*

Duration: 2 days

Personal practice

Shape of Emotion practice exercises and journaling

Reflective piece

One on one round out session

Duration: 8 weeks

Prerequisite for level 1:
None

Level 2: Apprentice

"If you want to conquer the anxiety of life, live in the moment, live in the breath."
—Amit Ray

At the end of level 2 - Apprentice participants will be able to facilitate group sessions using **Shape of Emotion** as a primary tool.

Shape of Emotion group work

Understand how group dynamics affects working in and with groups

Setting up the group process: safety, circles and considerations

Using **Shape of Emotion** for groups - who, when, why and how

Practice session

Duration: 2 days

Personal practice

Using **Shape of Emotion** in groups at least twice

Reflective journaling

Feedback on learning

Duration: 3-6 months

*Prerequisite for level 2 Apprentice:
Level 1: Foundation*

Level 2: Artisan

*"If the problem can be solved why worry?
If the problem cannot be solved worrying
will do you no good."
—Buddha*

At the end of level 2 - Artisan participants will be able to use **Shape of Emotion** as the primary model for a one on one session or as an additional tool to be used within a one on one session.

Shape of Emotion one on one

When, why and how to use **Shape of Emotion** as a tool

When, why and how to use **Shape of Emotion** as a model

What to do when your client is resistant

Childhood issues and how they impact adult behaviour

Understand the difference between acute and chronic feeling states as per the Shape of Emotion model

How to work with acute feeling states

How to work with chronic feeling states

Dyad and triad practice

Duration: 3 days

Personal practice

Using **Shape of Emotion** at least three times as a tool

Using **Shape of Emotion** as a model at least three times

Reflective journaling

Feedback on learning

One on one session assessment

Evidence of ongoing a personal Shape of Emotion practice

Evidence of supervision and a self-care programme

Duration: Up to 12 months + assessment

*Prerequisite for level 2 Artisan:
Level 1: Foundation*

Level 3: How Enabler - Foundation Facilitator

*"In today's rush, we all think too much — seek too much — want too much — and forget about the joy of just being."
—Eckhart Tolle*

At the end of Level 3, How Enabler - Foundation Facilitator participants will be certified to facilitate a Foundation Level 1 **Shape of Emotion** course.

Shape of Emotion Foundation Facilitation

Creating the space - what, why and how

Ice breakers and brain breathers

Underpinning theory

The 5th Place Qualities, Pillars and Principles

Introducing the **Shape of Emotion** tool

Personal Practice and Journaling

Reflective essays and round out sessions

Duration: 3 days

Practicum and accreditation requirements

Facilitating a Shape of Emotion Foundation course

Reflective journaling

Feedback on learning

Facilitation assessment

Evidence of ongoing a personal Shape of Emotion practice

Evidence of supervision and a self-care programme

Membership of the 5th Place Shape of Emotion Faculty

Duration: Up to 12 months + assessment

*Prerequisite for level 3 How Enabler:
Level 1 : Foundation; Level 2: Apprentice*

To be accredited as a Shape of Emotion Facilitator and to maintain this status, annual membership to the 5th Place Shape of Emotion Faculty is required. This is to ensure that the Facilitator has exposure to the evolving 5th Place philosophy, ongoing learning and has an opportunity to contribute to and collaborate on the body of work.

Pricing

The current pricing schedule is available on request.

About 5th Place

5th Place is the space of connectedness, community, possibility, well-being and equality of all beings. 5th Place asks you to build a better world through the realm of feeling. By embracing our feelings and managing our emotions we can become fuller, more whole, human beings. As a full human being we can engage and connect more *significantly* with other human beings. We can engage and connect more *meaningfully* with other forms of life, nature and our home, mother earth. 5th Place is an organisation whose mission is to make the world a better place by enabling the how...

For more information

Please connect with us about 5th Place, **Shape of Emotion** and how we can assist and support you. We'd love to engage with you around our work, training or presentations, and if you have other queries too.

5th Place Consciousness (Pty) Ltd

- www.5th.place  web
- info@5th.place  email
- +27 82 901 2404  phone



Chantal Dawtrey

Chantal loves to learn and loves to work with people who want to learn. She is inspired by those who are prepared to transcend the narrative that being in control means being successful. She works to create spaces where people feel safe to be vulnerable, and strong enough to engage meaningfully about what truly defines them and their lives. She supports learning journeys, co-creates and facilitates personal, group and team change and development work and gives structure to a growing body of work that brings meaning and purpose to her life and others'. She is the co-founder of 5th Place and co-creator of

Shape of Emotion.



Matthew Green

Matthew loves to connect with people and inspire them to become more engaged with their feelings. His favourite maxim is: "If you don't know where you are how can you move to somewhere else?". Matthew teaches and facilitates people to accept where they are and what they feel so they can live happier, more fulfilled and purpose driven lives. Matthew's been researching and working with human development potential for the last 29 years. He's the co-founder of 5th Place and co-creator of **Shape of Emotion**.

SHAPE OF EMOTION™