

## Talk Outline

The Still Life Process is a creative way to encourage participants to develop and articulate a compelling narrative of "who I am, what is important to me, how this shapes my work".

In a modern day *Vanitas*, participants in a group process create a composition out of personal artefacts that they pre-select and bring to a retreat.

I have used the Still Life Workshop with a range of organisations and applications (leadership, teams, coaching, organisational development). The patterns in the choices that people make when selecting their personal artefacts, and the themes that emerge from all the "micro-narratives" that these personal still life compositions generate, provide a compelling account of the relevance and value of this as a personal development process.

## Speaker Profile

Sean is the founder and director of Pygmalion (est. 2001), a Cape Town based Organisation & Leadership Development consultancy and coaching practice. He trained as a Health Psychologist and is a registered Counselling Psychologist (HPCSA). His approach remains one of integrating theory & practice across personal, social and organisational psychology, taking into account a systemic perspective in order to understand people-in-context dynamics. Curious by nature, he has concentrated on gaining across-sector and local/international experience to understand the broader systemic conditions that impact on the challenges and opportunities of the clients with whom he works. Sean was instrumental in establishing two professional consulting businesses, has been a shareholder and partner of a strategy & organisational development consultancy, and founded his own business Pygmalion in 2001. He was born and raised in South Africa in small mining communities, has lived and gone to school in Brazil, and has worked in Angola, Egypt, Dubai/U.A.E., Kenya, Ghana, Namibia, Swaziland, Argentina, Sweden, France and the United Kingdom. He has an MA in Psychology (Master thesis was on Psychoneuroimmunology, coping and disease progression in Rheumatoid Arthritis, 1991) with an early interest in multidisciplinary research and collaboration. Sean is also an Associate and Faculty member of Centre for Creative Leadership (EMEA region) (Brussels) as well as planB (now a division of Mannaz) (Denmark) and is a member of a number of professional and peer networks (including Tällberg Foundation, Sweden; and EPIC, Netherlands). He lives in St James, Cape Town, with his wife Ivana (daughter Nina and son Samuel), loves communing with nature, is a keen hiker, mountain biker, surf ski paddler



## Sean Germond

THE STILL LIFE PROCESS AS A  
"PORTRAIT OF THE SELF"

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