

UNLOCK Your Team's Embodied Creativity

3 PHASES TO GET YOUR TEAM INTO CREATIVE FLOW TO FORGE PATHWAYS FOR INNOVATION

Think & Sense at the Edge

Learning how to consistently draw upon fresh thoughts can increase our capacity for creativity and innovation—to solve problems of our times, such as the climate crisis, a multitude of injustices, and waste. Your everyday thoughts don't arise from fresh thinking: *95% of our thoughts are repetitive, and most of those are negative, keeping us stuck in conflict. Learn to journey to the edges of your mind/body where fresh thinking and solutions for your organization can emerge.

Synchronize Your Team

Individuals who turn inward and allow themselves to speak vulnerably, sharing what is emerging in them, are able to connect to the real issues at play, while maximizing their diversity. By speaking truth, teams easily fall into a flow state. A synchronized team formulates a new strategy that is aligned with their values and vision. By sensing into the issues, your team will gain insights for solutions that will resonate with your clients.

Create the Impossible

Tapping into this different level of thinking will assist your teams to access pathways less traveled where fresh ideas emerge, and innovative actions that will amaze you. We use a practice called Focusing. It is a 65 years old evidenced-based practice shown to reduce stress and anxiety, while accessing your natural resilience and creativity. It assists teams to develop their capacity to listen to one's system environment for more focused solutions. It's efficient, calming and gets results quickly. Your team will get past stuck issues and gain new perspectives.



CONTACT US

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LET US BE YOUR TEAM'S SECRET TO SUCCESS



Who we are?

We are driven to help teams develop their innovative groove, and create collaborative cultures for a better world. We are a team of two with combined experience of 60 years in Focusing practice, leadership coaching, facilitation, change management, strategy and sustainability.

What we do?

Annette and Chiara joined forces with a shared passion to train leaders and teams to transform their thinking, access their creativity at will and achieve innovative solutions for their complex issues in our changing world.

We do this by building psychological safety in teams, unlocking the strengths and diversity of your team members. We apply heart-centered, data-driven insights that can identify the current state of conflicts, blind spots and stagnation that often side-track collaboration and trust, and result in missed timelines.

Our collaborative process builds resilience and cracks the code on thinking at a different level, by having our whole being actively participate. Together, we move through the unknown murky zone to gain clarity, and then find the courage to take right actions toward any challenging problems your teams or groups encounter.

“We can not solve our problems with the same level of thinking that created them”–Albert Einstein

We know where to look

We rely on the fact that people are already creative, resourceful and whole. Our aim is to show your team how to access the creativity that is consistently accessible in their bodies, if they listen to its whispers there.

Our process

We train people how to bring their creative selves fully to work. Our 5 Ss process prioritize psychological **safety**, learning to **sense** into the body, **sharing** the wisdom that arises, which inevitably **synchronizes** your team and leads to exceptional **strategy** that is adequate for the challenges we face. Without it, innovation remains insufficient and incremental.

Who we work with?

We train teams collectively and their members one-on-one to reach a different level of thinking that will provide innovative solutions for your complex problems.

Let us be the secret to unlocking your creativity, innovation and effective problem solving. Get your team started today.

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MEET YOUR Embodied Creativity Team

Chiara Borrello



Chiara guides leaders and their teams who want to address innovation for systemic issues such as environmental degradation, inequality, social injustice and team conflicts while rebuilding psychological safety. She utilizes a heart-centered and analytical transformative process to create a supportive environment that enhances self-awareness and its connection to organisational structural, cultural, and strategic realities. She employs systems thinking and a somatic practice to co-design, co-facilitate, and coaching techniques to create collaborative cultures.

With a Master's degree in Human Systems Interventions and extensive experience, she skillfully navigates clients through the discomforts of change with clarity and ease. Beyond supporting her clients, Chiara finds peace and joy in nature while hiking & gardening. She is dedicated to helping clients create meaningful and lasting change by knowing the self that is aware of the body's energetic knowing. The aim is going beyond surface-level improvements; by forging pathways of well-being all with a sense of awe and wonder for a better world that is inclusive, and acknowledges equity and diversity.

Annette Dubreuil

Annette is an Embodied Creativity Facilitator, Coach and Focusing Teacher for people who want to transform themselves to change the world—to make it more sustainable and equitable. Through her facilitation work with teams, one-on-one sessions, group classes, blog posts and videos, she shows you how to listen to your intuition—that's whispering to you in your body. Annette's compassion makes going within feel safe, easy and fun. The result is awesome ideas and the courage to make them happen.

Annette has an undergrad in environmental science from the University of Waterloo, and an MBA in sustainability from the Schulich School of Business. And when she's not helping people sense inward, you can find her rock climbing, spending time with nieces and nephews, or taking walks in nature. Transform your life and business with the power of your embodied knowing and get ready to create the world we want.



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WHO WE'VE WORKED WITH

PRIVATE SECTOR

ASTEC Advanced Power Systems to businesses - Montreal, Quebec-CDA
Team leader and project management for a multi-million-dollar billing system's change.

Astro Dairy - Etobicoke, Ontario-CDA
Process Analyst Team

Avon Canada
Process Analyst Team and team lead to co-create internal product processing centre.

Cascade - Montreal, Quebec-CDA
Process Analyst Part of a Team

CN Rail - Montreal, Quebec-CDA
Team's Personal Efficiency Program trainer

Falpaco - Manufacture customized rubber moulds - Granby, Quebec-CDA
Consultant to trainer who led manufacturing teams)

Henry Birks - High-end jewelry makers - Led focus groups and Conflict resilient process

Knit Resources - Fashion Industry - Montreal, Quebec-CDA
Team's Personal Efficiency Program trainer

St. Joseph's Printing - Ottawa, Ontario-CDA - Printing Producers of classified documentation.
Led teams to reorganize organizational structure through a conflict resilient process to develop a more cohesive environment during a chaotic time due to government printing entity (Canada Communications Group) being purchased by a private printing organizations.

Synertek - Levi, Quebec-CDA - Precision custom sheet metal cutting
Building relationships while building strategy with Leadership team of 10 people

TST Overland Express - Montreal, Quebec-CDA - Transportation
Team Synergy while co-creating process strategies with teams.

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WHO WE'VE WORKED WITH

PUBLIC SECTOR

Mayor's office City of Knowlton: Community Organizer

Halifax Regional Municipality:

Collaborative Culture endeavours, Process Analyst

Minister of Defence and Armed Forces, Montreal Depot - Process Analyst

Senate Canada - Ottawa

Collaborative Culture endeavours, Process Analyst

Service d'aide aux jeunes entrepreneurs (S.A.J.E) - Montreal

Created and delivered courses and tools on how start a business & coached 50+

Société Québécoise de développement de la main d'œuvre (S.Q.D.M)

Created and delivered courses and tools on how start a business & coached 30+

NON-PROFIT SECTOR

Arts Sutton Museum interim Executive Director

Canadian Climate Institute - Event and Report Production Management

Natural Health Consultants Institute - Executive Director & Focusing Trainer

Stewart Hall - Museum and Community Centre - Co-lead Organizer Community Cultural Mediation
(Collected date and created collaborative community through art)

Tyndale St. Georges - Team Building for entire organizations and Team cohesion with Senior team

ACADEMIC/RESEARCH PROJECTS

Camerise, Glendon College, York University (French for second Language) - Ontario
Event Facilitator and Manager

Canada's Ecofiscal Commission - Communications Director

Open Education Steering Committee, York University - Event facilitator

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TESTIMONIALS

Facilitation using Open Space Technology

"Annette is wonderful to work with, lovely, extremely organized and also very creative. She lead our whole team meetings masterfully so that they were always productive. She introduced us to a new type of event (Open Forums) which allowed our group to make new connexions, find new ideas, and develop long term partnerships. Finally, Annette is an incredible quick-thinking problem-solver. I highly recommend her services!-Muriel Peguret, Camerise

I started working with Annette in the first year of a 3-year project looking at ways in which we can address shortages in FSL teacher recruitment and retention. Annette's vision, remarkable attention to detail, quickness to learn all the intricate functionalities of a new platform were instrumental in successfully organizing our Open Forum event. The Open Forum was our first important community outreach event and a way to launch our ideas in the FSL Community and attract the interest of teachers and language consultants in the hopes of them joining our team. Annette's smooth implementation of the Open Forum idea and philosophy made a strong impact in the community, and we were able to expand our team with key people in the field. As a result, Camerise, through its repertory and initiatives, has grown and has consolidated its position in the FSL teaching and learning context. Annette has continued to be part the Camerise team in the role of team meeting facilitator and strategist. For me personally, I always appreciated her advice and perspective because I knew they we rooted in her extensive experience with a variety of projects and a deep understanding and knowledge of both the academic and corporate worlds. Thank you, Annette, for your presence, support, and guidance on the Camerise journey."

Mirela Cherciov, Camerise

Senior Leadership Group Coaching

"Thank you, Chiara! Your presence has really helped refocus our management team on important goals, develop stronger relationships and have more fun in our day-to-day work. Your involvement with Tyndale has made a big difference to our organization. "

Jennifer DeCombe - Managing Director, Tyndale St. Georges

Organizational Strategy of Self-Managed Senior Core Team - Synertek -

(To be translated translation)

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TESTIMONIALS

Leadership Coaching for Team Resilience - Siemens New Energy

"In May of 2019, only a couple of months after we met, I asked Chiara to formalize her support to me and my organization. My vision is to liberate the intrinsic potential of our great people, working in human-centric self-managed teams, to serve the creation of abundant and sustainable energy for all. Chiara helped me crystalize this and stoked the fire within me to go out and share it with others. She challenged me to go beyond my comfort zone, where meaningful learning and impact occur. This has helped me to inspire others to follow me in realizing this vision.

Chiara has introduced me to a multitude of tools, techniques, and people in her vast network that have both helped in my personal journey and in my service of others. For example, on numerous occasions, Chiara guided me in life changing Focusing sessions where I learned to sense into a situation and find solutions or relief from a place beyond imagination. She has guided me in actualizing my vision through goals, tactics, and a process routed in self-leadership. Since beginning our work together, I have accomplished things I would have thought impossible a year ago. Chiara has taught and guided me in setting up and facilitating my first World Café and Open Space meetings, which have unleashed great outcomes from the collective intelligence of my organization. Working with Chiara has brought clarity to my vision of the future of work, proving also that I can set and achieve targets to catalyze its realization."

Hayden Smith, Incubator Co-Founder at Siemens Energy & Siemens Energy Ventures
Unleashing human energy to innovate the energy of tomorrow

Leadership Coaching for Clarity for Life's Work

"I wanted someone who could help me to connect more deeply with my own inner wisdom and someone who could teach me different approaches that I didn't fully use in my own coaching practice. Chiara was AMAZING! She has a deeply grounded expertise and is an extremely skilled coach and guide. She leads with insight, curiosity and wisdom. After every session I felt even more closely aligned with my own inner knowing. Things felt lighter. I was clearer, motivated and encouraged to continue on with my life's work. As a result of working with Chiara, I've become crystal clear about the future direction of my business and I've re-connected to my own inner wisdom in really powerful ways. I am deeply grateful for having the opportunity to work with Chiara."

Bev Barnes, Entrepreneur, Master Life Coach & Coach Mentor - www.bevbarnes.com

Learning Focusing

"Focusing provides a readily accessible path to understanding yourself by connecting to the deeper wisdom in your body and subconscious--a source of wisdom that we are usually too busy, distracted and lost in our thoughts to hear. If you wish to know yourself and those around you better, focusing is perhaps the most direct way of doing that. And I can think of no one better able to teach this valuable practice than Annette. She is both skillful and compassionate, and she does an exemplary job of making the process easy to understand and experience. Most importantly, she has the ability to create a safe and welcoming space for people to begin to explore deeper aspects of themselves in the company of others."

Jonathan Walker MD, Clinical Assistant Professor, Indiana University School of Medicine

Using Focusing to grow one's leadership

A wonderful chance to bring the focusing attitude to a deeper understanding of myself. Annette again brings together a number of useful approaches to explore and explain the Pupa process she is teaching and supporting her students through. Highly recommend as another lens to use in one's leadership and/or focusing journey.

Kevin M. Johnson is a university professor, co-host of the podcast Encountering Silence, and Inner Wilderness Guide based in Madison, CT

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