A close up of a logo

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The following list is a summary of participants’ feedback about their learning experiences and the impact of our conversation with Stephane Treyvaud:

* Multiple expressions of thank you and appreciation for the opportunity to learn from his wealth of knowledge and clinical experience in integrating his meditation practice into his group leadership.
* His embodiment of *presence* throughout the conversation with us and his appreciation of learning through conversation.
* His generosity in sharing personal experiences and strategies about how he grounds himself and cultivates presence in the service of creating a reflective holding space for the group.
* The intentional way that he cultivates space for the group’s voice to be heard; group leader speaking less.
* Participants experienced him as an inspirational teacher in his capacity to make complex concepts and processes understandable and accessible.
* Appreciation of his use of metaphor and seamless weaving of the art and science of cultivating presence and leading with intention.
* Learning about the intersectionality of interpersonal neurobiology, meditation and mind-body connection.
* The powerful impact of conceptualizing chaos and turbulence as forces in the group that can drive transformation, e.g., the cocoon to butterfly metaphor.
* “The gift of chaos is creativity” was identified by many as a new perspective that will inform their group leadership.
* Learning about his process of introspection and development of an inner holding space to reflect and mine the meaning of the events in group.
* The use of silence as a powerful intervention that creates space for the group’s voice to be heard and attuned to.