

# I. Harnessing Emotions Amid Disruption with Boaz Safier & Liz Palmer

Disruption touches us all in various areas of our life. Sometimes this is gentle, sometimes unexpected. By its nature disruption creates uncertainty and we each have a varying degree of desire and capacity for it.

In this experiential session you'll explore your own relationship with disruption and uncertainty, gaining insight on how you stay intentional, resourceful and grounded amid change. We will draw on some practical models and shared experiences in navigating disruption and make sense of our emotional responses so that we can show up with greater clarity, presence, and impact. Both for ourselves and for those we coach.



Boaz Safier is a Partner at Catalyst 14. An experienced executive coach, supervisor and facilitator. Having worked as a Chartered Accountant and latterly as an internal coach at a Big Four firm, Boaz brings an understanding of the complexities, pressures and ambiguities within which his clients operate. Much of his practice involves supporting leaders in navigating change, exploring their personal authority and agency.

Boaz's full profile can be viewed here:

<https://www.catalyst14.co.uk/boaz-safier>



Liz Palmer is a Partner at Catalyst 14, works as a professional coach, coach supervisor and coach trainer and has worked alongside Damion for many years. Liz often supports senior leaders who are grappling with disruption and change amidst the speed and complexity of our modern workplace.

Liz's full profile can be viewed here:

<https://www.catalyst14.co.uk/liz-palmer>