

Becoming more true to myself in my daily life

Deepening the meaning of my life

BENEFITS YOU CAN EXPECT FROM THIS WORKSHOP

- Clarify what you are living on a daily basis in order to verify if you are living along the axis of your life.
- Recognise areas of meaninglessness that hamper self-actualisation.
- Progress in listening to the growth dynamism that intelligently and coherently guides you along the axis of your life.
- Welcome invitations and specify means to implement so that your actions, decisions and relationships are coherent with the meaning of your life.

WORKSHOP OUTLINE

- *The proposed themes:*
 - Day after day, what is the meaning of my life?
 - Meaninglessness... Facing it?
 - Persons who awaken meaning along the journey of my life
 - My yes to the life dynamism that intuitively and intelligently guides me on the axis of the meaning of my life
- *Unfolding of each day:*
 - The educator proposes a theme to launch the creative expression well
 - Time to welcome the sensation
 - Time for in depth creative expression
 - Time to listen to the messages from your creations and written analysis
 - Time to share your day's work

APPROACH USED IN THIS WORKSHOP

The training takes place in a group. Questions invite you to observe your life on the theme being dealt with and to help you describe your experience. The time of guided analysis is followed by optional sharing, without discussion. In order to deepen participants' personal research, the educator gives input and uses various means (diagrams, commentaries, observations notes, etc.). The variety of experiences shared in the group enriches participants. You are also invited to make well thought out decisions corresponding to your actual reality.

CONDITIONS FOR PARTICIPATION

It is required to have followed the *Who am I?* workshop and *Exploring my inner world* or another workshop on PRH analysis. It is not required to have specific competencies for drawing or painting. It is not recommended for deeply perturbed individuals, or for individuals in psychotherapy, unless they receive approval from their psychotherapist.