

Listening to Life Stirring in My Being

Foster the emergence of the being

BENEFITS YOU CAN EXPECT FROM THIS WORKSHOP

- Give yourself favourable conditions to encourage the unfolding of your being.
- Be free to analyze positive sensations and realities of your being.
- Allow yourself to be imbued with your in-depth life through times for being.
- Be vitalized as a result of the sharing on points of interest related to growth.

WORKSHOP OUTLINE

- *Part 1 – My growth journey and positive realities*
- *Part 2 – Each day: analysis of a positive reality and integration of that reality*
 - *Time for analysis*
 - *Sharing*
 - *Time for being*
 - *Reactions to others' sharing*
 - *Gradual integration of the Commentary “How to Analyze the Realities of My Being”*
- *Action plan and final inventory*

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 describe your experience. The time of guided analysis is followed by optional sharing, without entering into 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 invited to make well thought out decisions corresponding to your actual reality.

CONDITIONS FOR PARTICIPATION

This workshop is open to all adults. You are required to have taken the *Who Am I?* workshop or the modules *Discovering the Core of My Identity* and *Growing in Personal Solidity*, and the workshop *Exploring my Inner World*. The workshop is not recommended for deeply perturbed individuals or for individuals in psychotherapy, unless they receive the approval from their psychotherapist.