

Relating to Money and Material Possessions

Increased clarity and freedom in relating to money

BENEFITS YOU CAN EXPECT FROM THIS WORKSHOP

- Clarify how you experience money and material possessions;
 - Understand yourself better in your relationship to money and material possessions;
 - Identify underlying areas of growth, healing, and restoration of order,
- with a view to relating to money and material possessions in harmony with the realities of your being and of your healthy needs.

WORKSHOP OUTLINE

- *Global approach: My perceptions and experience of money and material possessions*
- *A few reference points concerning my way of living in relation to money and material possessions:*
 - Methodical analysis of my ways of functioning in various situations
 - Mini-synthesis
- *Reading my personal history in relating to money and material possessions:*
 - Healthy needs and excessive expectations
- *Paths toward greater inner freedom*
- *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 discussion. In order to deepen participants' personal research, the professional 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

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 one of the workshops on PRH analysis.