



Living More Harmoniously

Changing ways of functioning so as to lead your life well

YOU CAN EXPECT THIS WORKSHOP TO HELP YOU:

- Discover the various ways of functioning of the person.
- Identify your proper ways of functioning and your dysfunctions.
- Identify possible changes for a more harmonious life be more in line with who you are.

WORKSHOP OUTLINE

- *Global approach*
- *Part 1 – The various ways of functioning of the pivotal centres of the person*
 - The being and its ways of functioning
 - The “I” and its ways of functioning
 - The body and its ways of functioning
 - The sensibility and its ways of functioning
- *Part 2 – Restoring order in myself*
 - Evolving toward proper ways of functioning through re-education
 - Making decisions and leading my life
- *Action plan and final inventory*

WORKSHOP PROCESS

This process takes place in a group. Through questions you are asked to observe a particular area in your life and to describe your experience of it. This personal time of guided written exploration is followed by optional sharing without any discussion. In order to deepen each individual's exploration, the educator offers input and various supporting resources (diagrams, commentaries, observation papers, etc.). The diverse experiences shared in the group are enriching for participants. You are also given opportunities to reflect and make decisions that are relevant to your life.

CONDITIONS FOR PARTICIPATION

This workshop is accessible to all adults. It is recommended to have taken one or two other PRH workshops, including *Growing in Personal Solidity* and *Discovering the Core of My Identity or Who Am I?*