



Making Good Decisions

A method for improving personal discernment

BENEFITS YOU CAN EXPECT FROM THIS WORKSHOP

- Training in personal discernment with a view to making good decisions by:
 - clarifying the various elements that influence decision making,
 - discovering tools that support the decision making process,
 - acquiring the capacity to step back so as to act with greater freedom on a daily basis and with regard major decisions.
- This training is based on actual cases prepared by each participant prior to the workshop.

WORKSHOP OUTLINE

- *A method for decision making:*
 - Analyzing a situation
 - Journeying toward a decision
 - Verifying the accuracy of the decision made
 - Rules for constructive discernments
- *Other themes covered:*
 - How you go about making your decisions?
 - Various types of decisions
 - The three levels of conscience
- *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

You are required to have taken at least the *Who Am I?* workshop and *Exploring my inner world* (or *Living more harmoniously*). This workshop is open to all adults. It is not recommended for individuals under psychiatric care, except with approval from their psychiatrist.