

Living with More Inner Balance

The different functionings of the person

BENEFITS YOU CAN EXPECT FROM THIS WORKSHOP

- Discover the various ways of functioning of the person.
- Identify your proper ways of functioning and your dysfunctions.
- Identify possible adjustments for a more harmonious life be more coherent 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*

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 accessible to all adults. It is recommended to have taken one or two other PRH workshops, including *Who Am I?*