



Who Am I?

Getting to know better the solid core of your personality

YOU CAN EXPECT THIS WORKSHOP TO HELP YOU:

- Know yourself better.
- Identify your most central aspirations.
- Clarify the necessary conditions for the unfolding of your personality and for gaining greater self-esteem.
- Progress in solidity and self-assurance in life, so as to better face life's difficulties.

WORKSHOP OUTLINE

- *Getting underway*
- *Part 1 – Two doorways to self-knowledge*
 - My self-image
 - My degree of autonomy before others
- *Part 2 – The important realities of the person*
 - The being: an essential reality and central core of your personality. The source of potentialities and aptitudes not always well known
 - Intellect, freedom, will: three faculties that can cooperate with your full development
 - The body, the source of energy, that must be taken into account
 - The sensibility: its manifestations – its reactions – the phenomenon of hypersensitivity and its causes
 - The deep conscience – making constructive decisions
- *Part 3 – How to progress*
 - Being an active participant in your growth
- *Final review*

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 open to all adults. It is not recommended for individuals under psychiatric care, except with approval from their psychiatrist.