

WHO AM I?

By knowing yourself better you can move forward in life with confidence.

1 YOUR SELF-IMAGE

You learn to connect with a realistic image of yourself.

You investigate what self-image you are currently going through life with and what impact this has on how you feel, on how you are in relationships, on what you do and don't do.

You may find that your self-image doesn't quite match who you really are today. Thanks to the workshop, you will work towards a more accurate self-image.

2 YOUR RELATIONSHIPS

You become more yourself with others. You become less dependent and more connected.

You map out the relationships that are important in your life today: family, friends, colleagues, etc.

What positive effect do they have on you? Do they also have a negative effect, and do you suffer from that?

You will learn how to be more yourself and really start to feel connected in the relationships that are important to you.

3 YOUR SELF-ESTEEM

You grow into a healthy sense of self-worth and real self-confidence.

During a large portion of the workshop, you build a sense of solid ground beneath your feet. Every person has unique and positive individuality. You reflect on your abilities, talents, and deep values: some of which you already live in your life, others may become even stronger. Knowing these aspects of your personality, feeling appreciation for them, and daring to stay true to them: that is the key to more self-confidence and to a life in line with who you really are.

4 YOUR THINKING

You learn to worry less and work on constructive thinking about yourself and your life.

Our ways of thinking about ourselves and our lives can stimulate us, build us up. They can be constructive. But our thinking can also drag us down, it can undermine us, make us rudderless. We investigate how constructive your thinking is and how you can grow in it.

5 YOUR EMOTIONS

You get strategies to create harmony in your emotional world.

One person is more of a thinker, the other be more emotional. But we all have a wonderful world of feelings. Sometimes we experience ourselves in harmony. Other times we get completely upset by something, very sad and even angry. In the workshop we become clearer about our emotions. We also zoom in on the phenomenon 'overreactions'.

6 YOUR BODY

You see ways to experience and treat your body more like a good friend.

How is your relationship with your body? We investigate what is right around this area and what requires attention.

7 YOUR DECISIONS

You experience what a right choice feels like for you.

We make small decisions throughout the day and from time to time we face a greater choice in our lives. How do you make decisions? What do you let yourself be guided by? Are you heavily dependent on others? Or your own principles and standards? We investigate and discover that you too have an inner compass that can help you make the right choices.

8 AN ACTION PLAN

You take away what you learned and put it into action in your everyday life.

You will end the workshop with a lot of new insights about yourself, with a lot more self-confidence and with an action plan for further growth in your life.