



Discovering the Core of My Identity

What is essential in your personality?

BENEFITS YOU CAN EXPECT FROM THIS WORKSHOP

- Become more aware of your self-image.
- Discover the core traits of your identity.
- Gain a better grasp of how to progress in order to to give importance to what is most essential in you.

WORKSHOP OUTLINE

- *Global approach*
- *Part 1 – The self-image*
 - The image I have of myself
- *Part 2 – The central reality of my person*
 - The being: the essential reality and core of my personality
 - Source of often not well known potentialities and aptitudes
- *Part 3 – How to progress?*
 - Living certain fundamental attitudes
- *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 a specific theme and to describe your experience of it. The time of guided analysis is followed by optional sharing, without 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 also invited to make well thought out decisions corresponding to your actual reality.

CONDITIONS FOR PARTICIPATION

This workshop is open to all adults. It is not recommended for deeply perturbed individuals, or for individuals in psychotherapy, unless they receive approval from their psychotherapist.