

GRAC

Better at Analysis, Better Self-Awareness!

6 Meetings

Global Objective of the GRAC:

- To further integrate each step of PRH analysis
- To gain competency and confidence in the method through practice
- To recognize the benefits of the tool in daily life and the growth process

Target participants:

- Participants who had completed Exploring My Inner World workshop.

The Theme of Each Meeting (6-meetings, 3,5-hours)

1st Meeting: Step 1: Preliminaries: the preparation (Com 20)

2nd Meeting: Step 2: The Analysis: Exploring the Sensation (Com 21)

3rd Meeting: Step 3: The Analysis: Going Deeper into my Sensation (Com 22)

4th Meeting: Gathering the “New”

5th Meeting: Focusing on a negative sensation

6th Meeting: Focusing on a positive sensation and final inventory

Participants are free to choose any sensation of his/her choice to analyze from the 1st to 4th meeting.

The Structure of the Meetings:

- Introduction (5')
- Sharing of preparatory work (20')
- Explanation of the practice (10')
- Time for analysis (45')
- Break (10 minutes)
- Sharing and feedback (85')
- Evaluation (30')

Number of Participants: Maximum of 8 participants.

Duration of each meeting is 3.5 hours