



What Is the Meaning of My Life?

Orienting your life according to your main potentialities

BENEFITS YOU CAN EXPECT FROM THIS WORKSHOP

- Gain a better understanding of your important traits and their influence on your important decisions and the orientation of your life.
- Based on your certitudes, take stock of your commitments and realign them, if necessary, so that they are more meaningful.

WORKSHOP OUTLINE

- *Global approach*
- *The perception of values related to the meaning of my life*
 - Rereading my history from the angle of the meaning of my life (direction and sense)
 - Identifying the most characteristic aspects of my personality
 - Observing the various stages in the search for the meaning of my life
 - The lack of meaning in my life
- *My place and role in humankind*
- *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 OF PARTICIPATION

This workshop is open to all adults. You are required to have taken the 'Who Am I?' workshop or the modules *Discovering the Core of My Identity* and *Growing in Personal Solidity*.