



Discovering the Core of My Identity

What is essential in your personality?

YOU CAN EXPECT THIS WORKSHOP TO HELP YOU:

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

WORKSHOP OUTLINE

- *General overview*
- *Part 1 – The self-image*
 - The image I have of myself
- *Part 2 – The central component of my person*
 - The being: the essential aspect and core of my personality
 - Source of potential qualities and capabilities we are often not fully aware of
- *Part 3 – How to progress*
 - Adopting certain fundamental attitudes
- *Action plan and 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.