

RECONNECTING TO YOUR “TRUE SELF”

SATURDAY, NOVEMBER 6, 2021

ALL TIMES LISTED IN PACIFIC TIME

YOUR BODY’S RESPONSE TO CHRONIC THREAT: ANXIETY IS THE PAIN

- 8:00 – 8:15 am – Introduction and overview - David
- 8:15 – 8:45 am – Small Group meet and greet - David
- 8:45 – 9:00 am – Expressive writing/ breathing/ Q&A - Les
- 9:00 – 9:30 am – Why do we take anxiety personally? Meet your irrational “protectors” – David
- 9:30 – 10:00 am – Open discussion – David and Les
- 10:00 – 10:15 am - Break

EVOLUTION OF THE UNIVERSAL INNER CRITICS

- 10:15 – 10:20 am – Breathwork – Les
- 10:20 – 10:50 am – Why and how are our “internal protectors” so destructive? - Les
- 10:50 – 11:15 am – Small group discussions
- 11:15 – 11:30 am – Break
- 11:30 am – 12:00 pm – Large group Q&A and case studies – Les and David
- 12:00 – 1:00 pm - Lunch
- 12:00 – 12:30 pm – Lunch in small groups
 - What are my inner critics telling me?
 - Describe attempts to quiet them.
- 12:30 – 1:00 pm - Break

DEVELOPING A WORKING RELATIONSHIP WITH YOUR INNER CRITICS

- 1:00 – 1:30 – Neuroscience of Play and Connection - David
- 1:30 – 1:50 – Small group discussions
- 1:50 – 2:00 - Break

LETTING YOUR TRUE SELF EMERGE

- 2:00– 2:45 – Letting your true self emerge – Les
- 2:45 – 3:00 pm – Q&A and wrap up
- 3:00 pm – Adjourn
- 3:00 – 3:30 pm – Optional Q&A

