

Centering Workshop

Being with others can be wonderful, engaging, affirming or it can be difficult, frustrating, and fraught with self doubt. Home, work, and social lives present situations which often interfere with many aspects of our personal character. Getting our needs met, having our opinions heard, sharing our dreams, or knowing what our desires are can be challenging. Our world moves so fast it's easy to get lost. Centering skills will increase your coherence, your confidence, your interaction skills, your comfort level, and your ability to collaborate with others.

Goals: To uncover what is true for you. To build your skill of inner awareness.

In this class you will:

1. Develop dual awareness.
2. Identify ways to use centering with your clients.
3. Discern when your clients are centered and when they are not.
4. Build skill and ability to be more alert, collected, assertive, and expressive.
5. Increase your level of personal comfort across situations.
6. Make tools that help you center.
7. Identify what takes you in and out of centering.



This workshop will help you build centering skills. We'll also help you open ways to center and resource, in any situation.



Friday June 29th and Saturday 30th, 2018

9-4:30 Friday, 9-4:30 Saturday

\$165.00

Register with Carol Hough (309) 786-4491

or Online at www.bodynamicusa.com/events/boundaries-workshop-moline/

Location:

**Rock Island Library
401 19th St, Rock Island, IL 61201
(309) 786-4491**

Presented by:

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Continuing Education Units for LCSWs, LCPCs, and LMFTs are made available by the Marriage and Family Counseling Service, an Illinois Continuing Education Approved Sponsor.