

## **INSPIRATION 2006**

### **ADULT WORKSHOP OUTLINES**

#### **MORNING SESSION:**

##### **Session # 1 Adult Workshop Series, You: Beyond your Difference**

##### **“Connections go a Long Way”**

This workshop is designed to assist you in recognizing your habitual patterns, how they impact your life and the people around you and ultimately, breaking out of your old patterns and trying something new. We will focus on listening to our true selves so that we can start developing better connections in all areas of life. We will look at the key underlying factors that will affect who you are in life and discover how to create peace of mind. Key elements for discussion are: self esteem, confidence, overcoming fear and anxiety, how to meet new people and how to explain to others about your facial difference. This workshop will allow you to meet other adults and connect on a different level than you normally would in life. This session is an informal, casual and safe place to open up or to listen. It is hosted by two adults who have a facial difference.

#### **AFTERNOON SESSIONS:**

At 1:00pm and 2:45pm you have a choice of attending one workshop of the three listed.

**Please put a check mark beside the one you wish to attend**

- 1:00pm**      a. \_\_\_\_ Women Rule!! (for women only)    b. \_\_\_\_ Men Rock!! (for men only)  
                  c. \_\_\_\_ “Relaxation & Meditation for the Soul” (repeated at 2:45pm)

#### **Description of Workshops**

- a. **Women Rule!!** (for women only)

Come and discover what you have to offer each other!! In this workshop we will explore different avenues of life that directly impact who we are as women and how we relate to the others.

Discuss with other women:

- Self confidence in the face of society and workplace
- Personal relationships-dating/intimacy
- Media/Societal –beauty myths identify and dispel
- Assumption in society that you are less of a person, less smart etc.
- Discover your true feelings-letting go of your past experiences
- Future aspirations and challenges
- Recognizing depression and how to deal with it

This workshop is informal & will flow freely; allowing for open discussion about whatever topics arise for the group.

b. **Men Rock!!** (for men only)

You're not alone! Get Connected!! Discover what you have to offer each other!! We all have important life experiences to share with others if given the opportunity. Come to this workshop and get connected to other men in a unique way.

Discuss with other men topics such as:

- How are you dealing with the public? the medical community? your partners? your child? your spouse?
- Personal Relationships-dating/intimacy
- How does society deal with differences – what assumptions are being made? How's your self-confidence?
- Are you dealing with sports and risks?
- Guilt about holding onto your past?
- Dealing with relationships and/or your child's relationships
- How are you dealing with the aspirations and future challenges?

This workshop is informal & will flow freely; allowing for open discussion about whatever topics arise for the group.

c. **“Relaxation & Meditation for the Soul”** with Caroline Gutierrez

In this seminar we will be looking at the ability we all have to use the power of our minds to relax physically, and how this learned technique could help in many different areas of your life. You will also learn to use your mind for other things like allowing yourself to overcome such obstacles as fear and self-doubt and ultimately unleashing your own inner power. The last 30-40 minutes will be a guided, taught relaxation experience that you can use in everyday life. (repeated at 2:45pm)

**2:45pm Description of Workshops**

**Please put a check mark beside the one you wish to attend**

- a. \_\_\_\_\_ “Making Your Relationships Work”      b. \_\_\_\_\_ “Everyone Can Win”-conflict resolution
- c. \_\_\_\_\_ “Relaxation & Meditation for the Soul” (repeat of 1pm session-see above details)

**Description of Workshops**

a. **“Making Your Relationships Work”**

- Defining your relationships
- Your role and responsibilities
- Ownership in the conversation
- Your level of self esteem and how it affects your relationships
- How your past experiences shapes your current experiences in relationships

b. **“Everyone Can Win”**

- Define conflict resolution and identify conflict areas in your life
- What effects your behavior has on the outcome of a discussion
- How to resolve conflict in your relationships