



MARIE-LINE BRUNET
THERAPEUTE PSYCHO-CORPORELLE

Letting go to rediscover pleasure at work

3 hours Workshop

How to talk about letting go without understanding our relationship to control? What leads us to want to control our lives as much? By identifying the source of our need for control, we can gradually learn to take pleasure in releasing it, and no longer see the letting go as a threat or a source of fear, if not as a new way of being in connection with our professional activity, taking pleasure in it rather than undergoing it.

Objectives

- Identify our relationship to control and recognize it physically and emotionally to understand how it affects oneself and others
- Free emotional blockages to take a step back from professional hazards: understand what is behind the need for control by identifying emotions and associated thoughts
- Develop the self-observer to learn to distance ourselves
- Experiment physically and emotionally the difference between control and letting go
- Find concrete solutions to adopt in everyday life to loosen control

Target audience

Anyone willing to distance oneself from work to gain flexibility and serenity

Workshop program

- Dynamic relaxation to experience the physical difference between control and letting go
- Blind body movement to learn how to let go and observe yourself without visual control
- Scene analysis of control or suffering at work to identify the unconscious path between thought, emotion and action
- Byron Katie's work to question the thoughts behind the need of control: using logic to thwart beliefs leading us to the need for excessive control
- Experiencing letting go through free body movement
- Work on the solutions to bring in the professional daily life to take some distance

Maximum number of participants

8

Fee

90 € HT/Personne