

Month	Workshop by Aey (9.00-17.00)	Workshop by Sabrina (8.30-17.30)	Short Module (Entry Level)	GRAC (Group Accompaniment Follow-up Meeting)
Jan	<p>12-14 Freeing Myself from Imbalances in Relationships</p> <p>27-28 Who Am I? (Part 1)</p>	<p>18-21 Learning to Make Constructive Decisions</p>	<p>28 Decision Making in Everyday Life by Sabrina</p>	<p>13 (am) Further identifying My Identity #1 by Sabrina (pm) Better at Analysis, Better Self-Awareness! #1 by Sabrina</p> <p>20 My Personal Growth and My Body #1 by Aey</p>
Feb	<p>3-4 Who Am I? (Part 2)</p>	<p>1-4 Finding Fulfillment at Work</p>		<p>10 (am) Further identifying My Identity #2 by Sabrina (pm) Better at Analysis, Better Self-Awareness! #2 by Sabrina</p> <p>24 My Personal Growth and My Body #2 by Aey</p>
Mar		<p>9-10 Who Am I? (Part 1)</p> <p>16-17 Who Am I? (Part 2)</p>	<p>23 The Power of Vulnerability by Sabrina</p> <p>23-24 Relationship with Money by Aey</p> <p>30 Challenging Myself to Live More Fully by Aey</p> <p>31 Asserting Myself Respectfully by Aey</p>	<p>2 (am) Further identifying My Identity #3 by Sabrina (pm) Better at Analysis, Better Self-Awareness! #3 by Sabrina</p> <p>3 (pm) Authentic Assertiveness #1 by Sabrina</p> <p>16 My Personal Growth and My Body #3 by Aey</p> <p>30 (am) Further identifying My Identity #4 by Sabrina (pm) Better at Analysis, Better Self-Awareness! #4 by Sabrina</p> <p>31 (pm) Authentic Assertiveness #2 by Sabrina</p>
Apr	<p>5-8 Exploring My Inner World</p>	<p>5-8 Exploring My Experiences with the Transcendence</p>		<p>13 My Personal Growth and My Body #4 by Aey</p> <p>20 (am) Further identifying My Identity #5 by Sabrina (pm) Better at Analysis, Better Self-Awareness! #5 by Sabrina</p>
May	<p>18-19 Living with More Inner Balance (Part 1)</p> <p>25-26 Living with More Inner Balance (Part 2)</p>			<p>12 My Personal Growth and My Body #5 by Aey</p> <p>25 (am) Further identifying My Identity #6 by Sabrina (pm) Better at Analysis, Better Self-Awareness! #6 by Sabrina</p> <p>26 (pm) Authentic Assertiveness #3 by Sabrina</p>

dates and themes may be subject to change

Jun	8-9 Who Am I? (Part 1) 15-16 Who Am I? (Part 2)	1-4 Exploring My Inner World 27-30 Clarifying My Relationships	15 When Listening Becomes Help by Sabrina 29 The Power of Vulnerability by Aey	16 (am) Better at Analysis, Better Self-Awareness! #1 by Sabrina (pm) Authentic Assertiveness #4 by Sabrina 22 My Personal Growth and My Body #6 by Aey
Jul	6-7 What is the Meaning of My Life? (Part 1) 13-14 What is the Meaning of My Life? (Part 2)	19-22 Living with More Inner Balance 27-30 Who Am I?	28 Decision Making in Everyday Life by Aey	7 (am) Better at Analysis, Better Self-Awareness! #2 by Sabrina (pm) Authentic Assertiveness #5 by Sabrina 27 Sensibility in Harmony #1 by Aey
Aug	17-18 Who Am I? (Part 1) 24-25 Who Am I? (Part 2)	9-12 Freeing Myself from Imbalances in Relationships		4 (am) Better at Analysis, Better Self-Awareness! #3 by Sabrina (pm) Authentic Assertiveness #6 by Sabrina 31 Sensibility in Harmony #2 by Aey
Sep	7-8 Growing My Capacity to Love and Receive Love (Part 1) 14-15 Growing My Capacity to Love and Receive Love (Part 2)	7-8 Learning to Receive Help with the PRH Method 14-15 Learning to Help with the PRH Method	28 When Listening Becomes Help by Aey	1 (am) Better at Analysis, Better Self-Awareness! #4 by Sabrina (pm) Authentic Assertiveness #7 by Sabrina 21 Sensibility in Harmony #3 by Aey
Oct	5-6 Exploring My Experiences with the Transcendence (Part 1) 12-13 Exploring My Experiences with the Transcendence (Part 2)	11-14 Who Am I?	5 Decision Making in Everyday Life by Sabrina	6 (am) Better at Analysis, Better Self-Awareness! #5 by Sabrina (pm) Authentic Assertiveness #8 by Sabrina 19 Sensibility in Harmony #4 by Aey
Nov	2-3 Who Am I? (Part 1) 9-10 Who Am I? (Part 2)	7-10 Learning to Make Constructive Decisions		16 Sensibility in Harmony #5 by Aey 17 (am) Better at Analysis, Better Self-Awareness! #6 by Sabrina (pm) Authentic Assertiveness #9 by Sabrina
Dec				15 Sensibility in Harmony #6 by Aey

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