

Self-Reflection and Change: At Home, At Work, and in Transition

Throughout our lives we are confronted with many situations that challenge our inner resources. Whether such occasions become problems depends in large part on the extent to which we know ourselves. This workshop will offer participants an opportunity to increase self-knowledge through the changing process of self-reflection. The elements of self-reflection, including self-awareness, self-exploration, self-understanding, and self-acceptance, will be discussed and explored through didactic teaching and experiential learning.

The benefits of and barriers to self-awareness will be presented, with particular attention to thoughts, feelings, and behavior, and with emphasis on the less frequently discussed areas of wants and needs. Self-exploration and self-understanding will be facilitated through exercises using guided imagery, focused attention, and directed recall. Participants will also have the opportunity to appreciate aspects of their wholeness, and examine patterns of functioning in difficult relationships, work situations, and life transitions, with the added perspective of self-reflection. Self-acceptance will be encouraged and supported in dialogue and discussion.

The workshop will also contain a detailed examination of the process of change, including the importance of beginning change, how change actually occurs, what readiness involves, what the consequences are, what constitutes resistance, what makes change difficult, and what makes it easier. An especially interesting idea about change is that as a process, changing is fundamentally similar to staying the same.