



Improve your Life Quality 5 times!! 1B + 4C = 5 LQ!!

Body Contact, Communication, Conflict Resolution, Coordination

Do you want to improve your Life Quality? Then you need to improve your ability to master at least 1 of the 5 mentioned concepts in the headline.

Can you juggle with the content of these concepts? Is your capacity for having a good life clocked on your expression in daily life - either by lack of knowledge, lack of sensing, and/or lack of emotions?

In this workshop we tackle the challenges very practically, and we know we will be able to teach you at least ONE thing, one exercise, one insight, that will enhance your Life Quality. And we are aiming for FIVE things.

1.B – THE BODY

Why do we need to include “this body of yours”?

Let me put some questions to you.

Does your level of anxiety rise during pressure? Does it raise so much that you can not have it but forget to say so? Do you let it hang in the air without saying anything? Do you notice that you do not say STOP when your boundaries are under attack – that you cannot defend yourself? Do you hang-in too long? Are meetings dragging on without you protesting?

Is your tendency to become silent when the heat is on, or do you become aggressive??

The answers of course will include YES, YES, YES – and they are most certainly said in a tone of voice that indicate that something is better – and many systems and theories have great many solutions for situations like this.

BUT – only few include THE BODY in the theories and practices – AND in the end it is in your body you will sense, notice, feel, and experience how you are doing – while you may understand it in your head. And sooner or later you WILL want to include your BODY.

It is in your belly that you notice the knot, e.g. when your boundaries have been violated (e.g. one other person suddenly stood TOO close to you, and you did not say STOP). It is your chest that collapses and your shoulders that are hanging down - so much that your back is bending – when you carry around the burdens of life (inclusive unresolved conflicts) – and do not let STOP come out of your mouth.

This is why it is so important to have your body included in your life – both practically and as knowledge – and this is what we will do over these 2 days.

1.C - CONTACT

CONTACT with your self and CONTACT with others is key when we evaluate which resources and problems you have today – collected, trained and honed during your many years of living. Resources and problems in establishing, keeping and ending CONTACT, show up in your ability

- to communicate (inclusive saying the difficult stuff)
- to resolve conflicts (inclusive doing the difficult stuff)
- to take care of you self (inclusive sensing the difficult stuff)

How are these concepts interwoven? Do you know how to build and keep Contact? There will be introductions, lectures, presentations, models, discussions, dialogues – and first of all practicing. Knowledge for your mind is important and necessary, but not sufficient – the body MUST be included, precisely and subtle.

2.C – COMMUNICATION

What is good communication and what is bad communication (proper communication)? Exercises will elucidate the introduction.

Our basic communication model will be presented, a model that looses up knots (that are otherwise rusted), and help establish new lines of contact – the Bodyknot model.

Some sequences will deal with communicating “the tuff stuff”, looking into how your state of mind is impacting communication and thinking – like when you are aggressive, afraid, happy etc – and sensing what happens in your body and in your “relational partners” body.

3.C – CONFLICT RESOLUTION

There will also be a presentation of how to handle conflicts, and how to resolve conflicts. What is needed to say in order for a conflict to let go of its hold and to build up a contact again? How do you get down (or up) the staircase of conflict (curb the conflict)?

Part of this issue will include a section about preventing conflicts by praising the others and building up safety and trust.

4.C COORDINATION

Coordinating everything – from Chaos over Cosmos into Knowing yourself and taking care of you self – is just as important as the individual concepts.

When there are conflicts and the communication does not function, many become “tensed and stressed”, and they “lose themselves”.

Before anything can be done about this, all parties in a relation must “take care of them self”, and sense the contact with them self. Through this a surplus can be formed to handle the disagreements, to face each other and to calm down.

Therefore the program has specific practical exercises combined with specific knowledge about the different elements. It is all about “taking care of you self” – and these exercises will be distributed all through the program.

Welcome to this Life Quality improving program.

Numbers

Place

Dates and time

Price inclusive coffee and tea

Teacher/workshop leader EJ Body Psychotherapist since 1985 for Bodydynamic International, Also Bioenergetic Analyst, Human Element, Teacher for Danish center for Conflict Resolution and psychomotor teacher – specialties: Communication, teambuilding, conflict resolution, shock-trauma therapy, peak-experience work, sport and using the body.

