

Being you in all your relationships

Relationship is not just the one with the capital “R” – our one true love. We are constantly in relationship with all beings; family, friends, colleagues, neighbors, all the animals, even the plants, the cosmos and of course ourselves. We relate to everything we meet whether we know them or not.

Most of us struggle with some of our relationships and would like the other person to be different. We bring in needs, mostly because of hurts from past experiences and find it challenging to set boundaries. We alter, adjust or ‘pretzel’ ourselves in order to make the relationship work and end up feeling frustrated and/or feeling less. Could it be that this prevents us from having true relationships? And what is actually a true relationship?

During this interactive and experimental workshop with relationship counselor and psychotherapist Jean Gamble from Australia we will roll up our sleeves and dive into the world of relationships. We will explore what is needed to have joyful, harmonious and purposeful relationships, and not settle for less.



JEAN GAMBLE

Relationship counselor and psychotherapist

“Instead of arguing over who is right and who is wrong enjoy the excitement of entering the other’s reality”

Jean works holistically with body, psyche and energy to support the transformation of old, outdated patterns of thinking and behaviour that are holding us back from living in our fullness. She believes that purposeful relationships can foster personal growth and evolution, leading to harmony and joy, if we deepen our awareness and bring understanding to our reactive behaviours.

www.jeangamble.com

Datum: zaterdag 19 mei 2018 | **Tijd:** inloop en registratie 09.30 uur, start 10.00 uur, einde 13.00 uur (geen lunch) | **Locatie:** Focus Optimus, Weissenbruchstraat 3, Amsterdam | **Prijs:** 60 euro / 50 euro voor studenten | **Aanmelden:** info@evolveevents.nl | **Meer informatie:**  facebook