

TRAINING IN „AWARENESS IN COMMUNICATION“

at the ACADEMIA, Villagio Globale, Bagni Di Lucca

This training is based on the Awareness Intensive process. It's foundation is the acknowledgement of our true nature – the already healthy and whole part in each of us. From this connection within we can move into a more conscious and more true communication with others.

Many problems and mis-communications arise out of unconscious behaviour in our communications. If we want to understand and be understood by others, we need to bring light into how we create and participate in this communication. This process of awareness starts with connecting inside, with self inquiry.

Meeting each other is possible only, if we are prepared to be present and open in our communication. We need to be ready to show ourselves and to give space to each other. All this finds expression in the way we communicate during the Awareness Intensives.

The training features 5 modules spread over two years from **December 2011 till January 2013**.

Module I: 15-18 December 2011

Introduction to the subject of Awareness in Communication. Opening to the requirements of conscious communication in theory and practice in experiential settings.

Module II: 4-8 January 2012

In this module the focus is on self inquiry. Every good communication starts with knowing oneself.

We use the three day version of the Awareness Intensive: „Who Is In?“. This is a very powerful method of self inquiry, perhaps the most intense and effective method to re-discover the true self. With the question/koan ‚Who is in?‘ or ‚Who am I?‘ we inquire into all the different aspects of ourselves. We let go of who we think we are and discover who we really are. We practice to speak our truth. We keep going til all parts of ourselves are welcome inside and we become one with ourselves, a unique individual.

Module III: 10-17 August 2012

Next step in the training is more self inquiry but this time with the focus on what another is for us. We do this in a „Satori“ Retreat, the 7 day version of the Awareness Intensive. We practice listening to another, to take another in without any judgement. We also bring awareness into what impact another has on us, how we resonate, what scares us, what allows trust and love to flow, what makes us loose ourselves, what reassures us.

Module IV: Oct/Nov 2012. 4-5 days

The focus in this module is on communication in more specific situations, like working with clients in sessions, being teachers in school, advisors in business or any other people oriented profession, parents with kids, lovers with each other.

We will learn techniques for centering, how to establish a rapport with another human being, how to set limits, how to prevent burn out, how to be present and true to ourselves in communication with others.

Module V: 9-13 January 2013

More self inquiry with the „Who is in?“ process. This time you will take part as well as assist in facilitating the process, to gain experience in working not only with individuals but also with a group of people. Cause now we are ready to apply and continue to practice what we are learning.

This training is particularly helpful for anybody giving sessions, for people working with others in the helping professions, for teachers, but also for everybody in relationships. It will provide useful tools for an open, honest and constructive communication. To practice in real interactions with people what we are learning is emphasized in this training.

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