

Conscious Living Training



for professionals



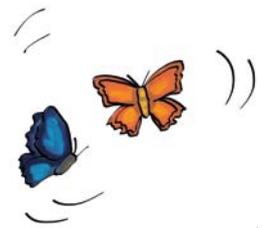
Colophon

Author	Wendy van Mieghem, www.wendyvanmieghem.nl
Publisher	Wendy van Mieghem, www.bewustleven.eu
Illustrations	Roos ten Broecke, www.roosgalerij.be
Design	Luvia Pepermans, www.bold-idea.nl
Translation	Wendy van Mieghem, www.consciousliving.eu
Text revision	Hanneke Blijham
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Practical



Being a professional, it is important to regularly maintain your emotional base. When you take responsibility for your own emotions, thoughts and behavior more consciously, you become able to deal with the needs, emotions and (in)abilities of others in a subtler and more efficient way.

Therefore, the starting point for every Conscious Living training course is personal development that forms the basis for professional growth. The training sessions help you to develop a deep insight into human nature, which enhances and refines your professional skills. The training helps you to get to the core more easily. You learn to communicate in a clear and efficient way. You learn to make a distinction between what is yours and what belongs to others. You learn how to use your humanity as an instrument.

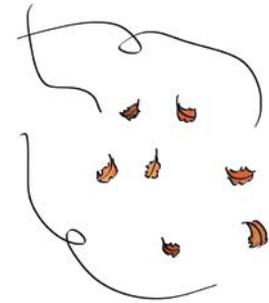
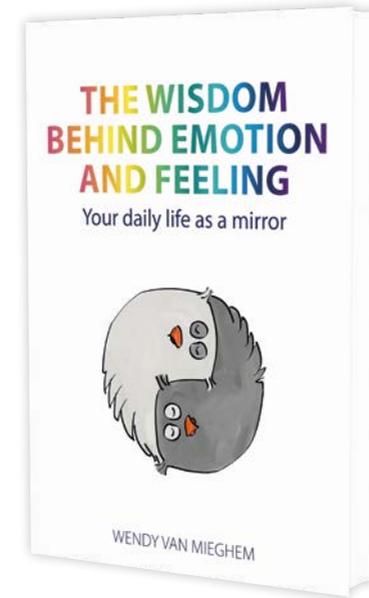
Experience-based learning

During the Conscious Living training courses, you learn through experiences. The focus is not explicitly on gathering knowledge from books. Experience-based knowledge is combined with current events, scientific insights and participants' questions. A direct link will be made to your daily life and practices.

- **Experience-based knowledge** of the natural processes of recovery and change is combined with insights from Eastern and Western psychology, sociology and philosophy.
- The emphasis lies on **experiencing, doing, reflection** and **interaction**;
- Breathing, meditation, mindfulness, body awareness and nature are the main working methods.
- Participants are encouraged to have an **active and reflective attitude**.
- Opportunities are created for **input** from participants. Each participant receives individually tailored feedback.



Each training session will be recorded and, afterwards, you can listen to the audio clip on a secure area on the website. The book **The wisdom behind emotion and feeling** is a valuable addition to the training.



Who is the training for?

The Conscious Living training courses provide added value to professionals who work with people. They could be your patients, clients, customers or colleagues. An eager and development-oriented approach will form the connection between you and other participants. You're interested in the psychology of human nature and you'd like to be able to recognize and (learn to) apply the natural processes of recovery and change. You have a need for enrichment and an in-depth insight into your own and other people's humanity. You would like to receive individually tailored feedback.

Information on data, rates and group sizes can be found on the website.

Conscious Living Education and Training is acknowledged by the Dutch government as a training institute. It is registered as such at the **CRKBO** and complies with the quality code for Training Institutes.



Dealing with pain



Occasionally, each human being experiences emotional or physical pain. Instinctively, you tend to withdraw from pain. The longer the pain continues, the more you experience inconvenience and tensions. Enduring pain requires a lot of energy; it isolates. While searching for relief, you tend to push the pain away. Before you realize, you become entangled in a fight against yourself. It becomes a challenge to keep the courage.



As a professional, supporting others in dealing with pain, you may be looking for answers. What is wise to do and not to do? How can you gain more insight into the coherence between pain, emotions and thoughts? During the training course **Dealing with pain** you learn how to deal with physical and emotional pain in a relaxed manner. You will learn:

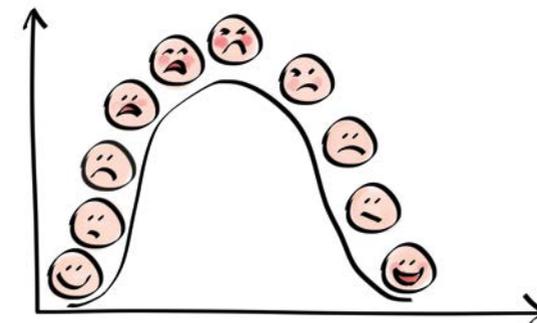
- about the **different layers** of pain and how they communicate with each other;
- about the **influence** of your brain on pain experiences;
- how instincts, emotions, feelings, thoughts and inspiration connect in a **natural way**;
- to develop an understanding of **how and why** pain shifts;
- how to **understand** the wisdom behind pain, personally and professionally;
- about the influence of **relaxation and inspiration** on recovery;
- how pain can lead to insights that help you to experience **inner peace** in the present moment.

Dealing with emotions

Disappointment, irritation, fear, lust, sadness, joy: you experience a wide range of emotions and feelings on a daily base. Usually, you don't dwell on them. And that's fine, as long as it doesn't bother you. Instinctively, you tend to suppress the most intense and unpleasant emotions and feelings. Eventually, this leads to physical, emotional and/or mental complaints. How do you get to the core of taking care of yourself and others? How can you let emotions and feelings be of benefit to your own and other people's development?

During the training course **Dealing with emotions** you will learn:

- the **difference** between emotions and feelings;
- what the **three basic emotions** are and how they affect each other;
- how to deal with (intense) emotions and feelings in a **constructive way**;
- how instincts, emotions, feelings, thoughts and inspiration connect in a **natural way**;
- how to get to the **core** of problems and issues;
- what is needed in order to find and maintain **balance** in contact with yourself and others;
- how to understand the **wisdom** behind emotion and feeling;
- how to develop an insight into the natural processes of recovery and change;
- how to let emotions and feelings be of benefit to your own and other people's development.



Dealing with loss

Loss nearly always means that you have lost someone or something. This can have a far-reaching effect, depending on how significant the loss is to you. How can you deal with life's unpredictability? How do you cope with loss yourself? Also, how do you support others in this? These and other questions are at the center of **Dealing with loss**.

During the experience-based training course **Dealing with loss** you will learn:

- how to recognize and acknowledge the **different kinds** of loss;
- what is and isn't wise to do when you want to **comfort** someone;
- about the interaction between **personal and professional** needs;
- about the **impact** of loss and grief on your body, emotions, mind and social life;
- how you **actually** deal with loss and grief (thoughts, behavior, emotions, need for control);
- how to get to the **core** of what is needed;
- how to **take care** of yourself and others during and after periods of loss;
- to better understand the **natural** processes of recovery and change;
- how important it is to welcome and to say goodbye.



Dealing with trauma

Drastic life events can shock you to the core. You get upset; perhaps you even feel disrupted. Your first priority is to keep yourself going and to let the routine of 'normal' everyday life guide you, with all its hassles and hurdles. It often takes weeks, months or even years before you allow yourself the time to let the impact of the event sink in.



During the experience-based training course **Dealing with trauma** you will learn:

- the **difference** between a drastic event and a trauma;
- what is and isn't **wise** to do when you want to comfort someone;
- about the **impact** of drastic life events and trauma on your body, your emotions, thoughts, inspiration and on your social life;
- about the influence of **fright, shock and guilt feelings** on recovery;
- how traumas can **be passed** on from person to person and from one generation to the next;
- about the interaction between **personal and professional** needs;
- how you **truly** deal with trauma (thoughts, behavior, emotions, need for control);
- how to better understand the **natural** processes of recovery and change.



Layers of consciousness



To what extent do your thoughts match your feelings? And your behavior?

Thinking, feeling and doing are layers of consciousness that each bring along their qualities and drawbacks. When they are attuned to each other, you experience a 'flow' and balance. You communicate in a clear and efficient way. In cases where thinking, feeling and doing are not at all or perhaps less attuned, it creates restlessness, incomprehension and miscommunication, hereby creating a breeding ground for conflicts.



It sounds so simple but in daily life it is often quite challenging to align thinking, feeling and doing. The training course **Layers of consciousness** offers you insight into why this can be so hard. You deepen your understanding of the underlying human dynamics and your own qualities and sensitivities. As a result, it enables you to consciously communicate with clarity. You will learn:

- what **consciousness** is;
- which **layers** of consciousness can be distinguished;
- which specific **qualities and sensitivities** are connected with the different layers of consciousness;
- about the influence of **need for control** on your thinking, feeling and doing and that of others;
- how to create **harmony and balance** in the different layers of consciousness;
- to look **beyond restrictive patterns** when dealing with emotions, thoughts and behavior;
- how to let the **natural** processes of recovery and change be of benefit to your development and that of others.

Dealing with conflicts

During a conflict, emotional entanglements can easily and rapidly build up. Accusations fly back and forth. Communication is colored by judgments, emotions and pain. Perhaps you experience a shock: what makes the other person behave in such a way? All in all, this makes it hard to hear the other, let alone yourself. You experience a lack of space.

During a conflict, an inner struggle makes you unintentionally cling to the other. It is hard for you to let certain emotions, feelings, thoughts and pain flow through you. Looking closer at it, you are not just in conflict with the other person but also, for a great part, with yourself. The training course **Dealing with conflicts** helps you to gain more insight and clarity, thus creating inner space. That's a relief! You will learn:



- the **difference** between a conflict and a difference of opinion;
- how to become more aware of **emotional entanglements**;
- which **human dynamics** form the base of conflicts;
- how to get to the **core** of a conflict in a constructive way;
- how to develop an insight into the different layers and patterns of **communication**;
- to listen to underlying **intentions and expectations**;
- how to create space in contact with yourself and the other;
- how to achieve an optimal result in a peaceful way.

Dealing with anger



Lots of people are afraid of anger, their own as well as others'. Therefore, they're (un)consciously afraid of vitality and strength. Often you suppress your own anger out of fear for conflicts or unease. The suppression builds a wall in contact. Whenever you suppress your anger or that of others, it starts to take on a life of its own outside of your conscience. This way, you lose the natural control over it.

At work you can also be confronted with irritations, annoyances, anger and (un)controlled rage. During the training course **Dealing with anger** you learn, step by step, to recognize and acknowledge your own anger and rage. The goal is, to work at your own pace towards the integration of anger and strength in your daily life which emanates from a positive, natural control and balance. You will learn:



- to recognize the build-up of anger;
- about the **coherence** between instincts, emotions, feelings, thoughts and inspiration;
- to become more aware of what you **create** in contact with yourself and others when you express your anger in a destructive or constructive way;
- what anger communicates about the **attitude** you take when dealing with yourself;
- how to increase your understanding and skills when it comes to dealing with **boundaries**;
- how to deal with your personal anger and that of others in a constructive and positive way.

Dealing with fear

Fear and a need for control are a natural part of your daily life. They have a great influence on your comings and goings. It is often hard to recognize fear. When you suppress or ignore fear, it slowly spreads. It makes you feel increasingly unsafe. Fear narrows your view. You lose openness and space.

As a professional, how do you cope with fear mechanisms like resistance, projection and self-fulfilling prophecies? How do you maintain balance when in contact with fear and a need for control of yourself and others? The training course **Dealing with fear** offers you insight, experiences and tools that support you in finding your answers to these questions. You will learn:

- about the **benefit** of fear and need for control;
- about the **coherence** between instincts, emotions, feelings, thoughts and inspiration;
- to become **more aware** of the influence of fear on everyday life;
- to **recognize and acknowledge** fear in yourself and in others;
- how to increase your **insight** into fear mechanisms like resistance, projection and self-fulfilling prophecies;
- about the influence of fear on the attitude you take in your life and work;
- how you can cope with fear and control in a relaxed and constructive manner.

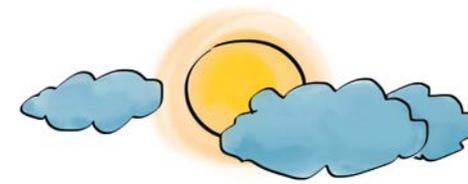


Supervision group

As a professional, how do you integrate conscious living into your work and life attitude? The **ongoing supervision track** is developed with the purpose of supporting you in this. It focuses on the interaction between personal and professional growth. There are 5 supervision days per year.



When you're actually ready to get started with conscious living at work, you can run into all sorts of questions and pitfalls. In that case, it is reassuring to join a supervision group that offers you, and other conscious living professionals, guidance and feedback. A safe place where you're invited to express all your questions and concerns. A place where, time and again, you receive inspiration and tools for deepening and growth. Also, a place with undivided attention for your well-being.



There are plenty opportunities for you to introduce and contribute your questions and issues like:

- How do I learn to teach meditation?
- How do I cope with feelings and emotions of others?
- How do I take the natural processes of recovery and change into account?
- How do I create an atmosphere where there is room for every individual to be seen?
- How do I deal with pain and emotions that are triggered inside me during work?
- How do I give feedback which is right and thoughtful?
- How can I prevent someone from feeling rejected?
- How do I cope with resistance?
- How can I deepen and refine the work attitude of my team in a subtle way?
- How do I stay balanced myself?
- How do I cope with conflict?
- How do I integrate energetic working and/or holistic pulsing into my current job?



In addition, varied attention is paid to:

- case studies;
- (do-it-yourself) assignments;
- deepening and experience-based theory;
- the refinement of communication skills;
- the interaction between personal and professional development;
- ethics;
- exchange of experiences.

More information on the supervision group can be found on the website:
<http://wendyvanmieghem.com/supervision-group/>

Online courses



Via the website consciousliving.eu the online courses **Basics of Meditation** and **Online Mindfulness Training** are available. In due time, an online version of each of the Conscious Living training courses will be available.

The solid self-paced **online courses** help you to (continue to) work on inner growth in your own environment. They offer a clear structure and build-up and help you to acquire insight and skills, step by step. Through audio, video, do-it-yourself assignments and guided meditations you are able to refine your insight and skills. Each online course is designed in such a way that you increase your learning every time you repeat the course. Learning by doing, that's the whole idea!

Shop

In the shop at consciousliving.eu you find additional inspiration and tools for conscious living, like guided meditations, podcasts with additional explanations on specific subjects, gift sets and more.

By whom?



The Conscious Living training courses are developed and given by **Wendy van Mieghem**. She is a seasoned psychologist, sociologist and European Certified Psychotherapist. From her company **Conscious Living Education and Training** she works as a driven supervisor, speaker, writer and trainer. She offers training for professionals in English and Dutch.

Wendy van Mieghem is author of the book ***The wisdom behind emotion and feeling – Your daily life as a mirror***, an internationally acclaimed conscious living manual.

