

Awareness Centre

What are Experiences? How can we take charge of them and empower ourselves and others?

presented by

Halka Beseda Humanistic Coach & Personal Consultant
Representative of Hakomi Experiential Psychotherapy in WA

When? Saturday 10 July 2010, 2.30pm-5pm

Where? Tea House Books, Denmark

Investment: \$25

Bookings are essential as places are limited. Please call the Awareness Centre in Fremantle or book online.

An invitation to gain insights into the human psychology:

- + If our subconscious mind drives 99% of our experiences, what can we do to start taking charge on a more conscious level?
- + How did we get to where we are today and where exactly are we? A brain/mind perspective of who we have become affecting our behaviours, thoughts and feelings.
- + Discover the crucial importance of knowing where we are going and how to get there.
- + Introducing the 3 seconds window for change and empowerment – from reaction to response, an insight into emotional self-mastery.
- + Learn about some basic skills how to access and connect to all that you are and to all that the other is. There is a world beyond our daily worries and stresses and we all have access to it!
- + Why can the best therapeutic interventions and self help books be more harmful than helpful to our personal growth at times?

This seminar is of value to anyone who wants to learn more about oneself and others, who is on a personal growth journey or would like to embark upon it; it is for all parents that wish to guide their children well and establish a better relationship, and for anyone else who is just plainly interested in why we do the things we do and how we can change them.

It is furthermore designed to give you insights into the interconnectedness of our human 'beingness' or introduce you to the 'social brain' of ours. This knowledge has the potential to change your attitude towards yourself and others forever, and thus, change your world as you experience it.

"Man's mind, once stretched by a new idea, never regains its original dimensions."

Oliver Wendell Holmes (1809-1894)

About the presenter: Halka pursued studies in the field of psychology towards a BPsych and holds also a BA and advanced Diploma of Management and Marketing. Her passion to assist people on their personal and professional growth path has lead her inquiry through a variety of traditional and cutting edge psychotherapies in the Western and Eastern traditions. Halka facilitates self-inquiry groups, mindfulness and meditation courses and has a private practice in Fremantle and is also the organizer of the mindfulness-based Hakomi experiential psychotherapy workshops and trainings in Western Australia. Halka is a member of the Association for Humanistic Psychology. She is a proud mother of a 24yr and 11yr old.

Design your direction through awareness and insight.
An invitation to explore life in new ways.

**For bookings contact Halka on 9430 7779 or 0418 957 010
or email halka@awarenesscentrewa.com**

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www.awarenesscentrewa.com**