



HomeFocusing workshop for Focusers

We listen patiently to our focusing partners or to our clients. We can be open, curious, empathic to their pain, be present and accepting to everything they feel and say.

But what happens when we get home, to the people we love most, we worry about most, when they are struggling in pain, or worse – angry at us? How can we bring focusing qualities to our daily life? How can we speak Focusing language in everyday words? How can we be with our closest, most important people, in a Focusing way?

In this experiential 2 days workshop we will become familiarized with HomeFocusing – that enables us to take home, to our closest and most challenging relationships, the healing attitude and qualities of Focusing. By forming focusing-oriented relationships, we can reshape our ways of being with ourselves and with others, in our everyday life.

In the workshop you will explore different aspects and challenges of close relationships and practice a deep and practical approach toward your own process with your close ones.

Who is it for? Experienced focusers (at least level 1), who wish to widen and deepen their own process and the processes of their families and clients.

Where, when and how much?

Friday and Saturday 25-26 of October from 10 till 17.30 near Utrecht in The Netherlands.

costs all in: Early bird till 1st of September; €335 after the 2nd €385

Look for more details: <https://www.samaya.nl/>

How do I register? Contact Rene Veugelers in The Netherlands by email: rene@ftcz.nl

What to bring? Comfortable clothes, maybe even a cushion to sit on comfortably, and an issue from one of your close relationships that you wish to work on.

The trainer - Annat Gal-on, a Focusing coordinator and trainer for adults and children, and a Family Constellations facilitator.

Annat loves listening, observing, feeling, thinking, loving and writing.

Developer and facilitator of HomeFocusing, a holistic approach that refers not only to our internal system, but also to the systems of which we are a part, in our everyday life.

Annat teaches HomeFocusing classes and accompanies individuals, couples and families with HomeFocusing processes, on the wonderful journey inside and out.

Visit Annat's website - <https://homefocusing.vp4.me/Utrecht>