

THE JOY INSTITUTE WORKSHOPS



COURSE 1: Know Myself

Learn how to:

- ▶ Get to know my strengths and weaknesses
- ▶ Get to know my values
- ▶ Be aware of my needs
- ▶ Create a self-care plan
- ▶ Have healthy boundaries
- ▶ Be in touch with my inner self
- ▶ Be a good budgeter

COURSE 2: Me and My Emotions

Learn how to:

- ▶ Become more aware of my emotions
- ▶ Feel my feelings and why it is important
- ▶ Regulate my emotions
- ▶ Radically accept reality
- ▶ Use strategic tools to deal with emotions
- ▶ Change the thought

COURSE 3: Me and My Serenity

Learn how to:

- ▶ Use mindfulness and meditate
- ▶ Use grounding
- ▶ Have a non-judgmental stand
- ▶ Build positive experiences
- ▶ Self-soothe
- ▶ Use practical tools to achieve serenity
- ▶ Improve my emotional state
- ▶ Strengthen myself

COURSE 4: Me and My Relationships

Learn how to:

- ▶ Communicate efficiently
- ▶ Have healthy relationships
- ▶ Nourish important relationships
- ▶ Validate other people's feelings
- ▶ Respectfully formulate a request
- ▶ What is a healthy relationship