

# Authentic Engagement<sup>©</sup>

## *A Radical Way of Being in the World*

Take an entire day to focus on self-discovery, personal growth, and authentic relating.

This workshop offers individuals a safe place to give and receive feedback about who they are, and to experience and embody being more authentic.

In a small group we will explore the deeper, existential questions of life, such as *Who am I? What do I need? Where am I going?* We will explore these questions gently and supportively, sharing our intentions, needs, fears and hopes. Our focus is on staying attuned to our inner experience and relating openly with others as we choose. In this process we will discover how we connect – with ourselves and with others.

The intention of this workshop is to support participants in gaining a deeper knowing of self, stronger connections with others, an increased sense of personal power, and a greater awareness of life and all of its possibilities.



*Bob Edelstein, LMFT, MFT, maintains a private practice in Portland, Oregon. He has been a therapist for over 30 years, providing individual, couple, family and group therapy. He is also a consultant, supervisor, and trainer for professionals who wish to incorporate the existential-humanistic perspective in their work.*

*Bob deeply enjoys getting to know people and supporting them in discovering more of who they are. His accepting manner helps people confront difficult issues. His gentle humor brings a lightness to dealing with life's challenges.*

*This workshop typically is scheduled from 9 am to 5 pm. Price is \$100. The group goes out to lunch together; cost of lunch is additional. For more information and/or to be added to the contact list for the next time this workshop is offered, please phone Bob at 503-288-3967 or email [BobEdeLMFT@aol.com](mailto:BobEdeLMFT@aol.com).*