



MINDFUL AUTHENTIC LIVING

UCC Skills Workshops & Mindfulness Programming

offers a **FREE** 6-week workshop, provided in series of 6 modules. Participants will learn and practice ways to increase self-awareness and self-understanding, to cultivate personal authenticity, and deepen life meaning.

WHEN: Wednesdays, 1 PM – 2 PM, Feb. 15 - Mar. 29

Excluding holidays and breaks

WHERE: Zoom (link to be sent after registration)

See below a summary of the content of the workshop.



Mindful Authentic Living Workshop Overview & Content

Workshop Description: Mindful Authentic Living is a six-week workshop offered by the University Counseling Center in series of 6 modules. Participants will learn and practice ways to increase self-awareness and self-understanding, to cultivate personal authenticity, and deepen life meaning. The workshop includes psycho-educational information, self-exploration, group discussion, and experiential exercises. This can be a great avenue to reconnecting with yourself, (re)identifying what is important to you (especially helpful if you are considering making important decisions soon), and refreshing your sense of purpose. A summary of the discussed topics is provided below:

Module 1: Control Is The Problem

- Authenticity and Mindfulness
- Control as an internal barrier to authenticity
- Willingness - an alternative to control

Module 2: Mindful Approach to Thinking

- Practice review, cultivating mindfulness
- Typical ways of engaging in thinking; workability as a yardstick
- Cognitive Defusion

Module 3: Willingness & Radical Acceptance

- Practice review; cultivating mindfulness & self-knowledge
- Pain and suffering
- Willingness & Radical Acceptance – the road to authenticity

Module 4: Values, Our Life Compass

- Practice review; deepening self-knowledge
- Values vs. Goals
- Values as a Life Compass; living life ‘moving toward’ vs. ‘moving away from’

Module 5: The Observing Self

- Practice review; deepening self-awareness and self-understanding
- The Observing Self
- Compassionate Mindfulness

Module 6: Self-Compassion and Loving Kindness

- Practice review – putting all pieces together
- Compassionate mindfulness
- A letter to yourself