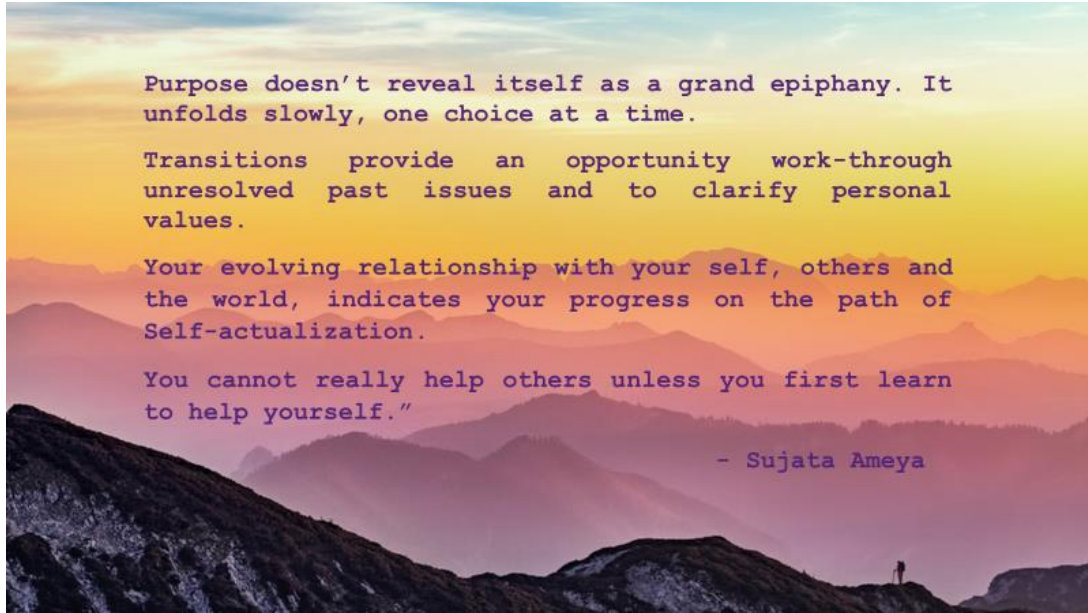


REGISTRATIONS OPEN FOR BATCH-17

Art & Science of Self-Actualization (ASSA)

CERTIFICATE COURSE IN EMPATHIC DIALOGUE

Residential, August 4-10th, 2019, Hyderabad, India



ABOUT

Art & Science of Self-actualization (ASSA) is an experiential course to **CULTIVATE AND APPLY THE SKILLS OF EMPATHIC DIALOGUE FOR HELPING SELF AND OTHERS.**

ASSA is founded on the following universal truth and psycho-spiritual principles:

- a) Childhood traumas create the conditions that develop the precise personality & capabilities required for manifesting one's unique purpose.
- b) Unless the narrative of one's past is objectively examined and consciously re-defined, it continually replicates itself into one's future as a limiting identity/ stunted potential.
- c) To live a meaningful life that includes self-expression as well as self-less service, traveling one's own path from trauma to transformation is mandatory.
- d) Transitions offer a rich opportunity to clarify personal values, consolidate one's learnings & competencies and walk the path of Self-actualization.

IN A TRUSTING, NON-THREATENING, INTERACTIVE & STRUCTURED SPACE, ASSA ENABLES YOU TO:

1. Reinvent your Past and Redefine you Identity
2. Reclaim your Unique Character and Competence
3. Redesign your Life based on your Unique Purpose
4. Facilitate this Journey for Others as well

ASSA creates a radical shift in perspective and gives you practical tools that enable you to **‘grow through whatever you go through’**, through out your life!

ASSA IS FOR YOU IF

- You are a **‘Helping Professional’** in the areas of learning & development, human resource, process work, education, training & facilitation, counseling, healing and therapy.
- You are a **Leader/ Entrepreneur** looking to enhance skills of conflict resolution, negotiation, decision-making, employee engagement, coaching and mentoring.
- You are going through a **Transition** in the areas of relationship/ health/ finance, dealing with a separation/ divorce, death of a loved one, empty-nest syndrome, relocation, exploring a new career.
- You are **Stuck with the feeling** of “Been there, Done that, Now what...?”
- You are a **Seeker** trying to make sense of your life and looking for personal meaning and purpose.

METHODOLOGY

Entirely experiential, designed for participants to get **personally relevant insights** through playful activities using **process-work, body, art, movement, dialogue, reflection and role-plays**.

Blend of **Holistic** (Physical, Intellectual, Emotional & Spiritual) and **Integrative** (Eastern, Western, Ancient & Modern) approaches.

TAKEAWAYS

- Greater Self-awareness and Ongoing Self-Discovery
- Greater Clarity of one’s Purpose
- Deeper Understanding of Authenticity and Empathy
- Enhanced Emotional Intelligence and Relationships
- Effective Conflict Resolution (in work and life)
- Improved Self-Esteem/ Personal Effectiveness
- Empathic Dialogue for Coaching and Counselling

PAST PARTICIPANTS

Since its inception in 1995, spanning sixteen basic batches and one advanced batch, ASSA boasts of 300+ graduates, comprising Senior Leaders/Directors/Founders, OD Consultants, HR/Talent Managers, Thought Leaders, Learning & Training Facilitators, Educationists, Journalists, Artists, Armed Forces Personnel, Writers, Architects, Physicians, Psychologists, Homeopaths, Counsellors, Doctors of Alternative & Wellness Therapies, & Home-makers.

References available on request. Read what they have to say [here](#)



FACILITATOR: SUJATA AMEYA (www.linkedin.com/in/sujatapotay/) is the Founder-Director of Inner Horizons. She has an M.Phil. in Clinical Psychology from NIMHANS, Bengaluru. Sujata maintains a private practice as a Transpersonal Psychotherapist in Hyderabad. For over 27 years, she has guided close to 15000 couples and individuals to work with conflict & betrayal in intimate relationship as a path to self-discovery and personal growth. 'Art & Science of Self-actualization' and 'Art & Science of the Beloved' are her most popular workshops.

FOR PRICING AND REGISTRATION: [CLICK HERE](#)

MORE INFORMATION: <http://www.inner-horizons.com/art---science-of-self-actualization.html>