

Awakening Joy in Family Life



Description:

What do we mean by "happiness", "satisfaction" and "joy" and what does a family and its members need to experience more of these qualities? Can we learn happiness, or does it depend on innate or external conditions beyond our control? To what extent can going through challenges together, allowing unpleasant feelings and overcoming conflicts also contribute to happiness?

In the course, we explore these and other questions. In a practical and experiential way, we look at how we can experience more joy, lightness and gratitude in everyday life, both during harmonious and difficult times. The course includes stimulating theoretical inputs, personal reflections and practical exercises for everyday life. "Warm glow" moments are included.

Goals:

Through the theoretical inputs and practical exercises, participants learn ways to connect with their intentions, focus their attention, strengthen their relationships, and cultivate more joy, gratitude, and contentment in their daily lives – for each individual and for the family as a whole.

Target Audience:

Parents and caregivers of children of all ages who want to explore the topic and experience more joy. Singles and people without children can also benefit from the talk and are very welcome.

Methods:

- Theoretical inputs
- Simple experiential exercises
- Viewing of short film clips
- Personal reflection and exchange