

Authenticity: An Exploration and Journey

1. What it's not.
2. Self awareness / peeling the onion.
3. The connection of authenticity to soul.
4. Reflection/ Introspection/ Our stories

Individual work. (See below)

Small group sharing / themes

Large group discussion: the experience and learnings

5. Acceptance

Individual work / Individual stories

Who are you and what has brought you to this place in your journey?

What has shaped you?

What are your beliefs?

What are your most deeply held values?

What principles guide your life?

What sustains you when all else fails?

Readings

"Why Good People Do Bad Things: Understanding Our Darker Selves",
James Hollis

"Elements of Encounter", Will Schutz

"Finding Meaning in the Second Half of Life", James Hollis

"The Heart Aroused", David Whyte

"Life of the Beloved", Henri Nouwen

"The Inner Voice of Love, Henri Nouwen

"Care of the Soul", Thomas Moore

"The Invitation:", The Oriah Mountain Dreamer

"True North, Discover Your Authentic Leadership", Bill George and Peter
Sims