

THE EXAMINED LIFE

Explorative discussion groups for professionals in the caring fields

It takes time to live. Like any work of art, life needs to be thought about.... Albert Camus

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Online group sessions: 1.5 hours monthly over six months.

Commitment: Six sessions €250

The Challenge of Authenticity

Working in the caring fields can be a double-edged sword. There is a lot of job satisfaction in helping others but it is not uncommon that **our** lives can over time become more about other people, rather than ourselves.

Our own care, our shadow material (both healthy and unhealthy) can be left to the side and we may develop a general malaise; a confusion about who we are, what life is all about, a 'stuckness' that is difficult to articulate.

All too often, we are silenced when we try to explore the existential concerns of life such as death, freedom, choice, and meaning (not to mention existential angst).

The Space...

The Examined Life explorative discussion group is a unique, private, closed group (10 members max), who commit to each other to meet once a month in a facilitated group setting. You are invited to show up with openness, honesty, and a willingness to discuss the challenges and thrills of an examined life. It is about joining a community of fellow travellers in the ongoing pursuit for meaningful life experiences and self-understanding.

The benefit of these groups comes from being-with-others in a space of honest inquiry. These are not therapy groups although people may at times find the experience therapeutic. It is not a substitute for individual therapy and it requires a certain degree of emotional maturity.

