

Agenda: Inside This Moment

Strosahl & Robinson

23 July 2012, Monday, 1:15-4:15 PM

1:15-1:45	<ul style="list-style-type: none">• Introductions, Workshop Objectives• Discussion of Sentinel Mind Vs. Native Mind	Kirk
1:45-2:15	<ul style="list-style-type: none">• Escape Moves• Self Assessment in Small Groups	Kirk
2:15-2:45	<ul style="list-style-type: none">• Six Strategies for Moving Through Present Moment Blockages	Kirk & Patti
2:45-3:00	Tea Break	
3:00-4:00	<ul style="list-style-type: none">• Role Play Demonstrations• Large Group Debriefing	Kirk & Patti
4:00-4:15	<ul style="list-style-type: none">• Questions, Discussion• Workshop Evaluation	Kirk & Patti