



Experiential Workshop

Title	My space, experience a therapeutic tool by using natural symbols	
Goals	<ul style="list-style-type: none"> - Experiencing a therapeutic tool to work with groups/individuals on the topics safety and challenge - Learning to use natural symbols in your therapeutic setting 	
Description	<p>This workshop introduces you to an experiential and elaborated therapeutic tool. You will be immersed in the natural therapeutic setting, get to know and deepen your identity and the way you show yourself in the world.</p> <p>The workshop includes a group exercise and a duo exercise, experiencing the tension safety - challenge. During the process you get to know your safe space and you will be invited to explore your stretch zone. You will receive a useful list of questions to use in this process. You will learn to work with natural symbols in order to help clients connect with their inner self.</p>	
Number of participants	Minimum	8
	Maximum	20
About the facilitator...		<p>Karen Segers</p>  <p>Lori Van Hout</p>
Background	<p>BUITENGEWOON An extraordinary network of professionals working in and with nature. Offering coaching, teambuilding and training in nature and brings people and organizations closer to their nature.</p> <p>Lori Van Hout Trainer at social profit organizations and integrative psychotherapist. Founder of Buitengewoon, in flow when developing human potential and exploring multipotentiality.</p> <p>Karen Segers Trainer and nature coach. Founder of Buitengewoon My close contact with nature inspires others to get in touch with their inner nature.</p>	

