

“Personas and the Triangle Game”

One day training session
Friday January 26th, 2007

Journée de formation en anglais,
Vendredi le 26 janvier, 2007

Serenity Renewal for Families

2810 Baycrest Drive, Ottawa (area: Alta Vista & Heron)
8:30am (coffee) Training 9am – 4:30pm
Free parking / Lunch included

Description

This experiential workshop is based on Carl G. Jung's theory on 'personas', Karpman's drama triangle and body-centered coaching principles. Participants will learn:

- To “play” the *Triangle Game*, a simple way to understand relationship dynamics.
- To understand the three *persona families*: Victim – Villain – Hero and how they interact with each other.
- To make friends with *personas* who were developed to cope with situations that were difficult to handle when we were young.
- Simple ways to loosen the grip of *personas*, look at the gifts of each *persona* and uncover their essence.

This workshop will assist participants in understanding their own relationship dynamics as well as provide easy useful tools to assist clients.

Trainers

Bob Neufeld, M. Ed. and **Marlene Neufeld**, MSW are transformational body-centered coaches who bring balanced male-female energy along with a sense of wonder, curiosity, play, fun and laughter. They are geniuses at facilitating rapid transformation. Their vision is to participate in creating a world where all experience more joy, more fun and more love. They have been collaborating in coaching for over 3 years with amazing results. They have been facilitating groups together for over 30 years. For more information about Marlene and Bob, visit www.marleneandbob.com.

Cost includes lunch and snacks

Members – Early-bird \$100 (if paying by January 12th, 2007) **Regular fee \$120**
Non-members – Early-bird \$125 (if paying by January 12th, 2007) **Regular fee \$145**

Please send attached form and cheque payable to the NCREAPA to confirm your attendance

For more information and to let us know you'll be registering, please call or email organizer:
Myriam Pierre-Louis 613-954-8138, myriam.pierre-louis@cra-arc.gc.ca

Registration

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8:30 am (coffee) Training 9 am – 4:30 pm

Name/Nom: _____

Phone/Téléphone Bus/trav. _____
 Home/dom. _____
 Cell _____

Email/Courriel _____

Cost includes lunch and snacks / le tarif inclus le dîner et 2 collations

Members – Early-bird \$100 (if paying by January 12th, 2007) **Regular fee \$120**
Membres – tarif lève tôt \$100 (si vous payez d'ici le 12 janvier 2007) Tarif régulier \$120

Non-members – Early-bird \$125 (if paying by January 12th, 2007) **Regular fee \$145**
Non-membres – tarif lève tôt \$125 (si vous payez d'ici le 12 janvier 2007) Tarif régulier \$145

Amount enclosed/ montant ci-inclus _____

Please mail this form and your cheque payable to NCREAPA at the address below / *Veillez nous faire parvenir ce formulaire dûment rempli avec votre chèque (au nom de l'APAE-RCN) à l'adresse ci-bas mentionnée.*

Receipts will be provided at the door / *Votre reçu sera émis sur place*

Cancellation policy:

Cancellations are accepted and reimbursements given up to the deadline for early bird registration (January 12th)

For later cancellations replacements are accepted – if a non-member replaces a member however a membership will need to be purchased. Otherwise anyone who has registered is billed 80% of the regular rate by the treasurer.