

## Workshop 2

**Title** Inner Healing : The art of expressing one's feelings and claiming personal freedom from the past

### Abstracts

This session will encourage participants to communicate with members of their families especially parents about things that they felt during childhood which they were not able to express and therefore stopping them from fully appreciating their families. The participants will learn how to communicate their innermost feelings without fear of being judged because love for oneself and the family becomes the main reason for ones actions.

### Outcomes

At the end of this workshop participants will feel the spirit of renewed energy because they have faced their hurts, sadness and anger that may have made them ineffective in some circumstances. The individual will also be able to balance the concerns of his heart and the reasons he has in his mind for doing what s/he needs to do.