

Thwarting the Inner Critic

with Sarita Chawla

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Sarita Chawla

Course Leader



Sarita Chawla, MCC, is a senior faculty member at New Ventures West and a founding partner of Demeter Matrix Alliance. She has comprehensive experience in Integral Coaching, leadership development, facilitation, dialogue and diversity. She holds a Masters degree in Anthropology and leads Women's Circles of Development around the US and internationally. Sarita currently resides in Northern California.

In these turbulent, complex times, we can be really tough on ourselves. Our inner critic can easily thwart our natural spontaneity and ingenuity. The clarion call is for creativity and resilience to turn the tide. We can hear hope at the edges. The longing for meaning and freedom is in our hearts.

Returning to a life of joy, meaning, creativity and fulfillment is possible – and on the horizon.

In this class we will work to tame and dismantle the grip of the inner voices of our critic that rob us of our self-esteem and vigor. We will learn ways to free up this misdirected energy and use our imagination and inner resources towards manifesting a life worth living for our families, our communities, and ourselves.

PURPOSE

To detect, discern and find liberty from our inner critic's hold on us so that we are free to be whole, resourceful, alive, courageous and imaginative.

OUTCOMES

- You will learn how to identify, observe, and understand the structures of the inner critic.
- You will discover skillful means to encounter, work with, and free yourself from these structures.
- Removing some of the hindrances to authenticity and transparency, you will free up energy to be more creative and real.

The learning was profound and intense. Months later I still feel like I'm digesting what I took in. On a personal level, the class helped me develop new understanding around my own superego and gave me new practices to come to terms with it.

KATY MESS

I am readier now to choose to react differently. I am more aware of my resilience and my ability to ride the waves and stay balanced and in control, so that I steer where I need to go and be.

LEE ZULMAN

I gained more in this class than in an 8-day retreat I attended last year on the inner critic. Sarita's wisdom, courage and beauty created an environment that was both challenging and playful: masterful teaching.

ANA LUCIA EVANS

Logistics

LENGTH: Two days

HOURS: 9 am to 6 pm

LOCATION: Parlour Room, Knox Church, 120 Lisgar Street (at Elgin) in Ottawa

TUITION: \$675 plus HST (\$762.75). Of that amount, \$150 is a nonrefundable (but transferable) deposit.

CONTINUING COACHING EDUCATION CREDITS:

Coaches certified through the International Coach Federation will receive 15.25 hours of Continuing Coaching Education Units (CCEUs).

REGISTRATION FORM:

Please email your registration form to admission@convivium.com or fax it to : **613.822-5845**

Name: _____
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 CITY PROVINCE POSTAL CODE

Preferred Telephone Number: _____

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What is attracting you to this class? _____

Please note: THE COST OF THE PROGRAM IS \$675 PLUS HST (\$762.75).
 A \$150 NON-REFUNDABLE DEPOSIT IS REQUIRED TO REGISTER.
 BALANCE IS DUE ONE MONTH BEFORE THE CLASS STARTS.

TUITION INFORMATION

You may pay in one of these ways (please check one):

- I have already paid in full.
- My cheque is attached, in the amount of \$ _____
The check should be made to Convivium.
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Cancellation Policy:

Cancellations that occur 30 days or more prior to the starting date of the program are fully refundable less the non-refundable deposit. For cancellations that occur from 30 to 14 days prior, 50% of the program fee will be forfeited. No refunds are possible after 14 days prior to the starting date.

I have read your Cancellation Policy and accept its terms.

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