



Advanced Adult Courses

Family Garden - for Personal Growth Wisdom

原生家庭的影響及自信自尊心的提昇 - 個人成長進深班

心理學家認為每個人的自信心及自尊心一定會影響他/她一生在學業、工作、人際關係及感情生活上的決定。因此每一個人不同的成長階段心理上的滿足是十分重要，若果不能滿足某一階段的心理需要，成長的時候會偏差，在後期的成長會產生各種不同的問題。例如：在0-3歲期間，如果孩子不能建立足夠的安全感，他就不能在往後的成長期間，克服各種成長的問題，不會發展健康的選擇能力，所以不是退縮，或是盲目跟從，或是極度反叛。在6-12歲期間，如果沒有良好的自我形象，便不能夠發展自信及自尊心，而且一個沒有自信和自尊心的人，不能發掘自己的潛能，將會影響他的一生，無論在工作、人際關係上容易產生問題，繼而產生青春期的風暴問題，及成年期的身份問題 (identity crisis)及中年危機問題。本課程分為五部份：

1. 如何建立成長期的需要，分析Love Tank 對一個人深遠的影響
2. 發展自我形象、自信心和自尊心的技巧及發掘自我潛能
3. 探討青春期的成長問題
4. 面對成年期的身份問題 (identity crisis)及中年危機問題
5. 學習自愛，不會受到別人的看法影響，懂得自我肯定 (Self-assertive)



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Advanced Relationship Garden 高級人際關係及溝通技巧

1. Attachment (How it affects an intimate relationship?)
2. Advanced Boundary in relationship.
3. The study of Family Tree
4. Hurt & Healing of hurt
5. Self-assertiveness & Proactive
6. Forgive & Forget
7. Reading people skill
8. Advanced Communication
9. Enneagram in Work, business and management
10. Enneagram in relationship (Synergize with every type to have win-win relationship)
11. *True Love & Liberation



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Advanced Enneagram 高級九元性格

1. New personality test, how to assess different personalities more accurately
2. Childhood pattern, parental influences of different personality
3. Wings & Arrows
4. Iceberg and Congruence
5. Blockage
6. Thinking Pattern of different personalities
7. WISDOM of different personalities (Life Skills for enlightening)
8. Path of Transformation (How to motivate different personalities to change and grow)
9. Liberation (Letting go of my preconceptions)
10. *Enneagram in Work, business and management
11. Exercise for transformation in relationship (Synergize with every type to have win-win relationship)
12. Enneagram in Love
13. *Self-coach and coaching skills for different personalities
"These coaching guides give clients the confidence to get unstuck — to change careers, repair relationships, or simply get their act together."

* Content may be modified according to the needs of students