

## My FSG workshops

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I am giving some workshops at FSG.

<http://www.free-spirit.org/Festival/ClassesAllAges.html>

### **Getting Real: Practicing Honesty in Relationships**

"Presence is what makes you radiantly alive, confident, and attractive. The key to presence is honesty."

Getting Real teaches truth skills that make honest communication safer and more fun. Most people are afraid to be totally honest. They fear damaging the relationship, creating a hassle, or hurting someone's feelings. But when you learn to put your attention on your own here-now experience rather than worrying about the outcome, you discover the real source of personal power and self-trust. We all participate in speaking honesty and noticing how language affects how we communicate. There will also be some fun exercises including playing an honesty game. We will explore: \* What practices are available to support my living in my here-now experience instead of in my beliefs, judgments, and shoulds? \* The difference between my senses and my mind. \* How we can express anger and sadness without trying to control the other person. \* How we can transparently label our intent.

### **Improv Play**

Do you want to be more playful? Would you like to think more on your feet? Would you like to get over your fear of making mistakes? This is a hands-on workshop and it will be a lot of fun! Improv is entertaining, energetic, and exciting. Improv is always different. If you find repetitive tasks dull, this is for you! Expect your confidence to increase, virtually all players improve on assertiveness, and creativity and problem solving are increased, as is public speaking, poise, and skill. We will learn the basic principles of improv and then create a improv play together.