



PSYCHOLOGY WORKSHOPS


From self-awareness to self-acceptance


Uncovering the Inner Block

| Self-Awareness & Limiting Patterns

 Do you find yourself repeating patterns that leave you feeling stuck, frustrated, or disconnected from what you want?

 *We will explore inner blocks* – the beliefs, assumptions, and automatic patterns that quietly shape how we think, feel, and act.

 Rather than trying to “fix” yourself, you’ll learn how to observe these patterns with curiosity, understand where they come from, and notice how they influence your choices.

 You will identify a recurring pattern in your life, understand how it impacts the choices that you make and learn to relate to it with more awareness and flexibility.

Making space for the Uncomfortable

| Self-Acceptance, Inner Conflict & Choice

Many of us carry parts of ourselves that we judge, hide, or wish weren’t there – anger, jealousy, shame, or desires that feel uncomfortable to acknowledge.

We will focus on self-acceptance – not as approval of all behaviors, but as the ability to face our inner experience honestly, without judgment.

Rather than fighting yourself, you’ll learn how to create distance from certain difficult inner parts, as well as how to relate to them with more compassion and choice.

You will identify a part of yourself you find difficult to accept, understand what it may be trying to protect and strengthen your ability to choose your behavior.

The Two-Workshop Series | A Thoughtful Start to the New Year

These two workshops are designed to complement each other:

- **Workshop 1** helps you understand *what* patterns are shaping your life
- **Workshop 2** helps you change *how* you relate to the parts of yourself behind those patterns

Bundle benefits:

- A deeper, more integrated experience
- Small group continuity and trust
- Space to reflect between sessions

Come as you are.
Leave with *the power to choose* what comes next.

PRACTICAL INFORMATION

- 🖥️ Format: Online (live, interactive – camera encouraged, no breakout rooms)
- 📶 A stable internet connection and a private, quiet space are recommended.
- 🗣️ Language: English
- 👥 Group size: Maximum 6 participants
- 📅 Timing: Early in the new year (end of Jan / early Feb, exact dates to be announced)
- ⌚ Duration: ~2–2.5 hours (each workshop) 💰 Price: €65 (each workshop)
- 💎 **Bundle price:** €100 for both workshops (save €30) plus one free, short clarity session
- 🧑 These workshops are educational and experiential, not group therapy

ABOUT THE FACILITATOR



Natalia Kavourinou is a psychologist and coach with over 10 years of experience working with individuals and organizations. Her work focuses on self-awareness, self-acceptance, and values-based change, and is grounded in contemporary psychological approaches, including Acceptance & Commitment Therapy and theories of adult development.

Originally from Greece, Natalia has been living in the Netherlands for the past 15 years and works in English with an international client base.

REGISTRATION & MORE INFORMATION

Visit thinkerise.com for more information on our coaching options, or email directly to reserve your place at (thinkerise@gmail.com).

Spaces are limited to keep the group small and meaningful.