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## Self-empowerment in Community (Workshop) (E)

*Saturday 30 September 2023 13:30 (50 minutes)*

We often feel stuck in our lives and unable to move forward. Questions about what to do to achieve our goals or to lead peaceful and content lives may seem to have no answers, and contemplating them makes us feel overwhelmed and powerless.

In this workshop, we will take the time to consider these big questions together and draw strength from one another as a community. We will look at significant life areas, consider how we want to change or improve them and create manageable steps to do so. The workshop will finish with a relaxing guided meditation practice to help you integrate all we have discussed.

The goal of this workshop is to remind you that empowerment is a series of small, consistent steps that begins simply with a desire for change.

### Panelist 1 Bio

### Panelist 2 Bio

### Panelist 3 Bio

### Panelist 4 Bio

### Speaker 1 Bio

### Speaker 2 Bio

**Presenter:** HAYE-MATSUI, Avril (Nagoya City University)