

## ***Personal Mastery Goal***

Uncover the roots of my unwanted behaviors and 'reactive' self by:

- Discovering how my Egosystem; (a) my conscious and unconscious fears, and (b) my ego's need to prove that I am better/the best, developed as a coping mechanism in my childhood.
- Explore the impact of this reactive self on my most important goals, other people, and how I perpetuate a context in which others feel in danger.

By the end of the seminar, be able to:

- Recognize and re-center when I am triggered.
- Uncover my potential and deepest aspirations, clean from the needs of my Egosystem.
- Be the starting point of a generative culture/context.

Create the life I truly want vs. being at the mercy of events and other people.