



Noémi TIMÁR is offering a workshop introducing:

Workshop title:

Freedom and free choice in the ocean of possibilities.

How to use intuition in courageous and self-identical decisions

Duration: 90 minutes.

I'm offering my workshop twice: yes

The Concept:

In this workshop we will explore the issues of freedom and free choice: what freedom of choice means to us, and how intuition can help us make courageous and self-identical decisions.

In the first part of the workshop, we will address questions about freedom, the doubts and fears that come alongside possibilities, and the security of freedom (e.g. what freedom gives us, where its limits lie, what obstacles and limiting beliefs make it difficult for us to choose freely, whether we have internal permission to choose freely, what are our handholds in the ocean of freedom).

We will then look at how we can find our own intuition, and through exercises we will look at how we use intuition to determine our desires and goals, and how intuition can help us make the choices we need to create our freedom.

Learning outcome:

- Participants will receive a deeper understanding on their approach to freedom.
- Participants will get a deeper connection with themselves by finding their intuition and using it for making self-identical decisions.
- Participants will receive a tool that they can transfer to their own practice as supervisors

and coaches.

Profile

Noémi Timár has been a supervisor and coach for 11 years. Previously, she worked as an interpreter for nearly 30 years, and had to find common ground with a wide range of people and organisations. She has been a freelancer for most of her professional career, so she knows the colour and the backbone of freedom. She has long been concerned with rational and emotional choice.

She has been member of the board of MSZCT (the Hungarian Association of Supervisors and Supervisor-Coaches) for seven years and has been the president of MSZCT for three years.

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