

**Workshop title:** Thrive by Balancing Your Inner Masculine and Feminine

**Facilitator:** Loraine Magda

**Ideal timing:** 6 sessions, 2 hours each

	<b>Theme</b>	<b>Homework</b>	<b>7 Steps to Balance</b>
1	<b>What is the Inner Masculine (I-M) and Feminine (I-F)?</b> Introduction Defining I-M and I-F What balance is like How comfortable am I with the idea? What role does conditioning play? Q&A	Reading (Table 1 and everyday examples)  Self-observation	1. Awareness
2	<b>More on Inner Balance</b> Touch base on last week's insights What imbalance is like How it originates Mature and immature versions of I-M and I-F Q&A	Self-assessment Questionnaire ("how balanced am I?")	2. Audit
3	<b>How Balanced am I?</b> Touch base on last week's insights Introducing the Journey-to-Balance Model Guided visualization Q&A	Using the Model and your questionnaire, identify an area you would like greater balance/efficacy in	3. Identify
4	<b>Pathways to Balance</b> Touch base on last week's insights Visualizing your balanced self Introducing the "zig-zag tenet" of the Model Specific and non-specific interventions Q&A	Practice Visualization  Create your ideal pathway to balance for your chosen area of interest	4. Visualize 5. Choose
5	<b>Taking Action</b> Touch base on last week's insights Sharing specific practices for balance Sharing/blurring gender roles Using gender-neutral language Q&A	Practice Self-observation	6. Action
6	<b>Celebrate</b> Touch base on last week's insights Sharing wins Where to from here? Q&A	Celebrate Keep it up	7. Celebrate