



A Two-Day Workshop on (TAE) Thinking at the Edge

Movements in Motion with Nada Lou

16 & 17 March, 2010

People come to experience that THINKING from their felt sense is different than what they usually understand by thinking. This new practice is called "Thinking at the Edge" (TAE).

Can you imagine developing new ideas that can change the way people look at the world? It comes to you at that magical EDGE of awareness where you know something that has no words to be expressed with yet. As you begin to attend to this inviting sense you discover new source to language your new experiences. TAE movements help you thinking and speaking from your own experience - ideas that are right there, inside you. Everyone has this capacity, but with TAE movements you will have many new tools available to you.

Felt Sensing - Discovering fresh dimensions for Living

"Felt Sensing into your life forward Edge of Awareness" will take you into exploration of many dimensions of Felt Sensing and how they are at play in every aspect of your daily living. Areas such as "This is how I know I am Alive" or "Where that "thing" ("...") lives and wants to move" will bring you an Edge that you want to explore. An experience that calls for your attention is such because it holds a treasure of further movements, aspects, features, dimensions and strands implied and you want to explore it for yourself and to communicate to others.

"Languaging" that which you find at this Edge will move you deeper. You will learn a valuable relationship between the awareness of "knowing" something which up till now had inadequate words available to express it and your felt sense inviting and nudging you to articulate and shape it. Thinking from your felt sense will open a whole new way of experiencing life and communication.

With the skills learned from this workshop, you can use the TAE method in many different areas of life: personal development, for business meetings, professional proposals, partnership dialogue, private projects development, creative writing, family interaction, public speaking, educational events, negotiation skills, mediation, and in endless other ways.

In a movement by movement process you can learn how to say more about what is at your edge of awareness so you can create ways of expressing to yourself and communicating to others with clarity and confidence.



The following few scenarios might give you some idea of the wide variety of ways the TAE process can be utilized:

- Private projects - I have an idea about starting a small enterprise, but I don't seem to know where to start.
- Artistic expressions - I am a musician, my music flows from me easily, but my lyrics are weak. I know I have more to express but it seems I just don't have the right words.
- Academic writing - I am in the process of writing my thesis - I get stuck and discouraged. Ideas come but get jammed into endless loops.
- Professional proposals - I want to present a new promising direction for our company, and I would like to prepare my proposal to be credible and professional.
- Business meetings - I want to prepare myself for the meeting next week by clarifying many issues that are on the proposed agenda.
- Personal development - I know I can have a more successful career, but I need to find what is it that I would be happier to do.
- Partnership dialogue - My girlfriend just doesn't get what I mean when I say "commitment" - I need some better way to say it.
- Family interaction - In family gatherings, what I have to say is very important. My voice is heard but what I say is often not understood correctly or is misinterpreted.
- Negotiation skills - There must be a better system in negotiations than what I am doing. As a business person and educator, I want to find a way to improve this area in my life.
- Public speaking - I wish I could find the way to put into words what I know and want to communicate to this group.
- Education - My course needs updating. How can I preserve what's important and breathe new life into it?



Focusing, TAE, Felt Sense are the words that come from Philosophical, Psychological and Experiential work of Dr. Eugene Gendlin see more at www.focusing.org)

Felt sense or direct referent is usually explored through the Focusing practice. For TAE it is approached for a different purpose. In this presentation we will explore the differences and how many dimensions of felt sensing are at play in every aspect of our daily living.

Workshop Objectives:

- Introduction into Experiential and Philosophical basis of Felt Sensing
- Practicing personal explorations into felt sense
- Practicing thinking from experience
- Writing and communicating from new way of thinking
- Intensive practical skills learning



Schedule of Workshop:

Day 1:

- Introduction to the field of Felt sensing, Focusing and TAE
- Questions and answers to help new way of learning
- Finding your personal “felt sense” - what it is and what it is not
- TAE partnership—how it works “dos and don’ts”
- Finding your “life forward direction” - group modeling and work with a partner
- Beginning developing personal projects
- Partner facilitation of the process

Day 2:

- Service of public language
- Need for personal language that communicates deeper meaning
- Creating language that carries personal meaning
- Thinking and communicating
- Language from the felt sense
- Communicating for your own use
- Communicating to others

About the Trainer:



Nada Lou teaches Focusing, TAE and philosophy courses. She is also an artistic communicator who has created many Focusing-related DVDs. (Clips are accessible on YouTube: <http://www.focusing.org/multimedia/index.htm>)

After co-presenting TAE with Dr. Gendlin, she took her teaching around the world to North, Central and South America, Australia, New Zealand, China, Hong Kong, Japan and Europe. She wrote Grassroots Introduction Manual to TAE as a tool for people who are interested in developing this practice. She also trains Focusing/TAE and Trainers who wish to become Coordinators.

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Workshop Details

Who should attend: Social workers, counsellors, family therapists, psychologists, psychiatrists, nurses, family doctors, counselling teachers, mental health workers, academics and other related helping professionals (**CE & CME points are pending**)

Language: English

Format: Lectures, experiential exercises, role-play demonstrations and Q&A

Date & Time: 16 & 17 March 2010

Fee: Regular Rate: \$1,800

Number of **Limited to 20 people**

attendance:

Venue: Grace & Joy Integrated Family Service Centre, G/F, La Maison Du Nord,
12 North Street, Kennedy Town, Hong Kong

Application Method

For registration, please send the application form with a crossed cheque made payable to “The Hong Kong Catholic Marriage Advisory Council” to:-

The Hong Kong Catholic Marriage Advisory Council, Room 101, 1/F., Low Block, Grand Millennium Plaza, 181 Queen’s Road Central, Hong Kong. (Re.: Application for TAE)

Enquiry:

Ms. Crystal Wong (Tel: 2810 1104; By Fax: 2526 3376)

Important Notes

- Applications will be accepted on a first-come-first-served basis until quota is full, and in that case applicants will be informed.
- Receipt of application fee will be sent to applicants within two weeks after registration.
- A “Certificate of Attendance” will be presented to trainees with at least 80% attendance rate.

Application Form

Full Name

(English) _____ (Chinese) _____

Correspondence Address: _____

Tel. No.: (Day) _____ (Mobile) _____

Fax No.: _____ E-mail: _____

Occupation: _____ Organization: _____

Payment: Cheque No.: _____ Bank: _____ Amount: _____

Have you ever joined any course(s) organized by HKCMAC before? Yes No

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