⛰ OREN JAY SOFER

Say What You Mean, Part III: Authentic Communication

Course Syllabus

Session 1. April 4, 2024 – Exploring Authenticity

What is "authenticity"? What does authenticity look and feel like? How much is it relative or culturally conditioned? This session explores the meaning and value of authenticity in our lives.

Session 2. April 11, 2024 – Discerning Your Truth and Owning your Sh*t

Authenticity depends on knowing oneself. Session two explores ways to uncover what's true at deeper levels, access the body's intelligence, and engage the NVC framework.

Session 3. April 18, 2024 – Transforming Obstacles to Self-Expression

As we delve into sharing our experience with others, we inevitably encounter obstacles. Session three explores common blocks to authenticity and key methods for transforming them.

Session 4. April 25, 2024 – Finding Your Voice

When do you speak and when do you hold your tongue? Session four covers common purposes for speaking, how intention shapes speech, and the power of vulnerability.

No class Thursday, May 2: Integration break

Session 5. May 9, 2024 – Making Powerful Requests

How can you ask for what you want in a way that invites generosity? This session shares key tools to make requests and overcome learned helplessness and shame around needs.

Session 6. May 16, 2024 – Inner Boundaries: Sensing Your Space

The session explores healthy boundaries–psychologically, emotionally, and spiritually–as well as common fears and beliefs about boundaries. You'll learn to reclaim awareness of your boundaries.

Session 7. May 23, 2024 – Outer Boundaries: Saying No, Setting Limits with Love

Do you feel free to say no to others? How much is your belonging dependent on others' approval? In this session, you'll learn how to say "no" in a way that maintains connection and set limits in a way that respects yourself and others.

Session 8. May 30, 2024 – Understanding and Expressing Anger

Anger is a powerful and frequently suppressed emotion. This session explores the purpose of anger, increasing your capacity for intensity, and transforming your relationship to anger. You'll learn key tools to express anger in ways that are constructive rather than destructive.