

Essential Education

Upcoming Events in London

*"Wonderful for viewing life in a very different and refreshing perspective."
16 Guidelines course participant, Malaysia*

Wednesday 13 January 2010

18h30

Practical tools for a happy and meaningful life: Bringing together science and spirituality
At St. Ethelburga's Centre: see stethelburgas.org for bookings and more information

Imagine a simple ethical framework that is grounded in the latest scientific studies, suitable for people of all cultures and traditions, and offers a highly adaptable set of tools for transforming everyday problems: in schools and colleges, hospitals and prisons, the workplace and the home. A pipe dream, or exactly what the world needs today? Join us for an informal evening exploration of the 16 Guidelines for Life: a mixture of presentation and discussion, group activities, and personal reflection.

Saturday 30 – Sunday 31 January 2010

10h00 – 17h00

£80

Practical tools for a happy and meaningful life: an introduction to the 16 Guidelines
At St. Ethelburga's Centre: see stethelburgas.org for bookings and more information

Divided into four sections: how we think, how we act, how we relate to others, and how we find meaning, the 16 Guidelines touch on the very heart of what it means to be a human being. This is probably why they resonate so strongly with people of all ages, cultures and traditions. Since their launch in 2006, they have inspired community projects in a range of settings all over the world. This workshop offers participants an opportunity to learn to use this powerful and adaptable set of tools in their own lives and others'.

Saturday 20 February 2010

10h00 – 17h00

£30

Transforming problems using the 16 Guidelines for Life
At St. Ethelburga's Centre: see stethelburgas.org for bookings and more information

It's all too easy to make virtuous prayers and aspirations when we're in the mosque, temple or church, or sitting on a meditation cushion, and then to seemingly lose it all when we're back in the bustle of daily life. A day of sharing and discussion about how to make real and lasting changes in the way we live, plus an opportunity to try out some of the tools and activities developed by the Essential Education team. Wear comfortable clothes and be prepared to roll up your sleeves!

Monday 22 February 2010

10h30 – 16h30

£60

Using the 16 Guidelines with young people to develop compassion, wisdom and self-awareness
Contact info@essential-education.org for bookings and more information

An experiential day focusing on how to share the 16 Guidelines with young people in a group or classroom setting. Using a model developed in Canada for working with at-risk youth, participants will be introduced to the essential elements of planning and facilitating experientially-based learning using the 16 Guidelines. Some prior experience of the 16 Guidelines, either through personal study or attending a presentation or workshop, is strongly recommended.