



2nd Lifebook WS : Developing Harmonious Relationships

CARP House, Gif sur Yvette, France, April 14th 2019

By Rafael Guignard

20 participants came together for the 2nd WS of a series of 3 Personal Development WS aiming to help young members to live ideal, happy, healthy, successful and fulfilling lives in all its dimensions and areas. The Lifebook Structure identifies 12 key areas in our lives that we need to take care of and that need a clear vision to bring all these areas harmoniously together. The 12 categories are : 1. Health and fitness 2. Intellectual life 3. Emotional life 4. Character 5. Spirituality 6. Love relationship 7. Parenting 8. Social life 9. Career 10. Finances 11. Quality of life 12. Life Vision.

At the first WS where the participants went through the first 5 individual categories of health and fitness, intellectual life, emotional life, character and spiritual life which are the foundation of success and fulfillment in all other life categories. During this 2nd WS the participants went through the 3 relationships categories: love relationship, parenting and social life. These categories are the biggest source of happiness in life if lived on the right individual foundation but can also cause create a lot of suffering if not taken care of consciously.

Before the beginning of the program participants were invited one hour earlier to share breakfast together for bonding and connecting. The program started with everybody sharing their breakthroughs and experiences about the 5 first categories since the last WS and then shared their main motivation to participate in this 2nd WS about developing Harmonious Relationships. Rafael Guignard then gave a short presentation on how relationships and love are keys to health, growth, happiness and success in life according to recent studies.



Every presentation contained success principles, personal experiences, examples, questions to reflect on and exercises to do right away and later at home. After individual reflection time we gathered as small groups and a big group to share about our insights, feelings and goals. After the love relationship participants also practiced active listening in a one-on-one sharing and it was really great experience for most participants.



At the end of the day participants watched a one-man show Men are from Mars and Women from Mars while eating a Japanese style dinner in a romantic setting. It was really entertaining and enlightening for all participants including those who are not in a relationship yet.

All guidance was again broadcasted live on the French Young Unificationists community for those who couldn't come to attend. Between 40 and 80 members watched the different sessions through videos online.

The next WS will be on Sunday May 19th on "Developing a meaningful and abundant career and life"



