

WFWP Scotland's webinar: Finding who I am in the time of pandemic

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The webinar on the 9 of January 2021 attracted 24 women from different part of the cities in the world; Israel, Wales, London, Orkney and Glasgow.

The webinar lead by Susan Crosthwaite whom had many years in marriage enrichment consultation, emotional technique etc.

WFWP Scotland chair-person Ann Breslin kicked off the webinar with a short video, women are special to appreciating all the participants for their attendance and contribution to make the webinar went smoothly and harmoniously.

Susan play a video to introduced the characters of Introvert and Extrovert in human to initiating the participants' self-awareness. Followed by sharing to us the different types of temperament of human.

Then we were split into groups discussion to discuss topics as following:

Do you think you are an introvert, an extrovert?

Which catch phrase most expresses your attitude to life?

*Have fun, *Get it done, *Get it right, *Get along

Do you agree that our society over-values extroverts leading to those of us who are introverts trying to be extroverts to be appreciated?

After groups discussion; Susan guiding us into awareness of human need each other to feel joy, to get through the challenge in life, to fulfill the purpose of life and provided some guidance on how to reach out to others.

Then 2nd groups discussion were organized to discuss on:

Are zoom calls good for overcoming isolation and building relationships?

How can we embody one another's feelings and attitudes so we can communicate well and be close in heart?

Groups' discussions were summarized and participants were enthusiastically shared each own respective views.

Websites addresses were provided for the participants for further help to enrich our natures etc.

The webinar ended in 1.5 hours' time.