

From power to strength: self-management and autonomy in work and life

THE ART OF SELF-LEADERSHIP

The workshops are currently held in Dutch. If you are interested in workshops in English, please send me a message using the contact form.

Many people function on autopilot for years. They care for others, work hard, take responsibility and try to keep everything on track. From the outside it often looks as though they have their life well under control. Inside, however, they regularly experience stress, fatigue, frustration or the feeling of having lost themselves somewhere along the way.

Self-care is about more than taking a break now and then or learning to relax better. Real self-care begins with awareness. With recognising the patterns that steer our lives, patterns that were once helpful but today can be more of a limitation.

Perhaps you recognise yourself in one of these patterns:

- always having to be strong
- caring for others at your own expense
- perfectionism
- being constantly busy
- finding it hard to set boundaries
- wanting to stay in control
- constantly having to prove yourself

These survival strategies have often served an important purpose. They have helped you to succeed, to maintain relationships or to get through difficult situations. At the same time, they can gradually take you further away from what you really feel, need or long for.

In this series we explore how you can develop more autonomy in your life. We look at the ways in which you sometimes keep yourself trapped in old patterns, and at how you can make choices again that fit who you really are.

We work from a combination of psychological insights, Transactional Analysis, Voice Dialogue, reflection exercises and experiential learning. This series is an invitation to look at yourself more gently, to stand more firmly on your own feet and to live more from strength than from habit.

Who is it for?

For people who:

- are looking for more calm and balance
- often care for others but forget themselves
- want to learn to deal with stress and pressure
- want to examine patterns such as perfectionism, people-pleasing or control
- want to experience more autonomy at home and at work
- long for a deeper connection with themselves

● Programme of the series

Three sessions, each from 16.30 to 20.00.

Session 1: Getting to know my autopilot

From surviving to awareness

Much of our behaviour is driven by patterns that were once needed in order to adapt or to protect ourselves.

Themes:

- What is self-management?
- Survival mechanisms and automatic patterns
- Pleaser, perfectionist, hard worker, controller, helper ...
- How do these patterns arise?
- What do they give you and what do they cost you?
- A first introduction to Transactional Analysis and Voice Dialogue

Outcome: Insight into both the strengths and the pitfalls of your dominant patterns.

Session 2: From power to strength

Making choices from autonomy

When patterns determine our lives, we often react automatically. Autonomy arises when we learn to choose consciously. Themes:

- The drama triangle: rescuer, persecutor and victim
- How do I stay out of destructive interaction patterns?
- Setting boundaries without guilt
- Recognising inner conflicts
- Dealing with resistance and fear of change
- The shift from having to towards wanting to

Outcome: More freedom of choice and more grip on recurring tensions in work and relationships.

Session 3: Coming home to yourself

Living from connection and authenticity

Self-care only takes on real meaning when we learn to listen to what is alive in us and dare to act on it.

Themes:

- Connecting with needs, values and desires
- Self-compassion as a basis for lasting change
- Developing resilience
- Communicating authentically
- A personal action plan for work and private life
- How do I stay true to myself in a busy life?

Outcome: A concrete compass for living more from your own strength and values.

● Practical information

Price

- Programme of three sessions: 300 euro
- Single session: 120 euro

Group size

Minimum 4 and maximum 8 participants.

Duration

Each session takes place from 16.30 to 20.00. We allow for a break of about 30 minutes. You are welcome to bring a light meal for this. Coffee, tea and water are included.

Dates

- Monday 21 September 2026
- Monday 5 October 2026
- Monday 19 October 2026

Registration is required. Places are limited.

You can register or ask a question via the contact form on tagore-therapie.be or at info@tagore-therapie.be.