Transforming the Inner Critic Workshop Schedule

Jan 31 - Feb 2

Friday Jan 31

PM

6:00 - 7:00	Registration; simple dinner available in the kitchen
7:00 – 9:00 **Session 1: Inner Critic Workshop** • 7:00–7:05: Introductions and guidelines • 7:05–7:10: Initial questions on Inner Critic awareness • 7:10–7:25: PowerPoint presentation (first half) • 7:25–7:40: Journaling about Inner Critic domains • 7:40–8:00: Group sharing (2–3 participants per group) • 8:00–8:15: Bathroom break • 8:15–8:30: Questions and reflections (including night disruptions by the Inner Critic) • 8:30–9:00: Ending meditation: Body scan with gratitude	
9:00	Conclusion of Day

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Saturday Feb 1

AM

7:30 (Breakfast available for those staying on site)

9:00 – 12:00

Session 2: Inner Critic Workshop

- 9:00–9:30: Morning meditation (body scan/listening meditation)
- 9:30–9:45: Check-in and reflections from last night
- 9:45–10:15: Writing exercise and group sharing (5–7 minutes each)
- 10:15–10:35: PowerPoint presentation: Origins and aims of the Inner Critic
- 10:35–10:50: Break and Drawing the Inner Critic
- 11:15–12:00: Videos on the formation and nature of the Inner Critic

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Saturday Feb 1, cont.

PM

12:00	Lunch
12:30	Personal Break (Kitchen Crew Works)

1:30-5:00

Session 3: Inner Critic Workshop

- 1:30–2:30: Second half of PowerPoint on working with the Inner Critic
- 2:30–2:50: Whiteboard exercise: Perfectionist, Pusher, and Inner Critic discussion
- 2:50–3:10: Break or facilitation exercise: Discovering what's behind the Inner Critic
- 3:10–3:40: Transformation exercises for the Inner Critic
- 3:40–5:00: Meditation practice: Talking to and caring for the Inner vulnerable and frightened parts – meditation. (Zendo practice)

5:00	Optional Dinner for all participants and Conclusion of Day
6:30 – 8PM	Optional Evening Meditation led by Tallahassee Chan Center Timekeepers