



ASIA **WORKS**



# The Family Training





## The Family Training

We are pleased to present The Family Training, a new weekend workshop where you can experience the love, joy and support that *is* your family.



### **Celebrate your unique family**

Our family relationships are fundamental in our lives and deeply influential in so many ways. Family is our first experience of people, our first awareness of connection, and our first team activity.

The Family Training offers you and your parents, your children, aunts, uncles, brothers, sisters, and even grandparents a chance to look at your lives together and see what you like...and what you don't like.

Do you want to communicate more openly and honestly? Be more spontaneous? Have more fun together? Be more supportive of each other? In this fun two-day workshop, you and your family members can explore together how your family works and plays, and how you can expand and enrich your relationships.



### **Communicate, support, and have fun together**

In the Family Training, you'll get coaching on how you can be your ideal family—the way you want to be. This weekend is about having your family win—to become the best you can be (and forgive each other in the moments you are not), to grow together and to know that your family is always changing. It takes commitment, willingness to take risks, to play and to enjoy yourselves.



### School age children to grandparents are welcome

The Family Training is lively and engaging and contains themes similar to those covered in the AsiaWorks Basic Training: honesty, trust, responsibility, choice, intention, integrity and keeping agreements. All themes are presented in a manner that is age-appropriate for families with school age children and teenagers.

In the Family Training you will participate on two teams: your family team and on another team that includes no one from your family. There are large and small group discussions, games, music, closed-eye processes and sharing. All of the exercises and activities are designed to allow you to look constructively at your life as an individual and as a member of your family. You will also look at how your family works and plays together. You will find the way to express your self and still identify with the group called your family.

### Logistics

The training is open to children beginning at age six, who have competency in reading and the ability to sit still for at least 15 minutes at a time. Children and teenagers must be accompanied by their parents or legal guardian.

Please be responsible for your family's well-being. Starting and ending times may vary slightly. Determine if you need to adjust your or your children's schedule to be assured of getting sufficient sleep. If you cannot make any necessary adjustments, you should consider rescheduling your family's participation for another time. We recommend you bring healthy snacks and drinks to share with your family on the breaks.



### The Family Training schedule

- **Friday** evening begins at 7:30 pm and ends at approximately 10:00 pm  
–There is at least one 20 minute break–
- **Saturday** begins at 10:00 am and ends at approximately 8:00 pm  
–There are several short breaks and a meal break–
- **Sunday** begins at 10:00 am and ends at approximately 6:30 pm  
–There are several short breaks and a meal break–

Please contact your local AsiaWorks office to register for the upcoming Family Training.



[www.asiaworkstraining.com](http://www.asiaworkstraining.com)

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