

# **Exploring the Basics of Personal Growth and Self-Improvement**

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Wednesdays 10AM-Noon @ Revel Vegas

**Class description:** In this class we will explore ways in which we can each empower ourselves to become the best versions of ourselves – beginning with how we understand ourselves and expanding outward to how we interact with other people. Each class will explore a different area of self-improvement.

## **Course objectives:**

1. Learn different strategies and methods to become more aware of our thoughts, feelings, and behaviors.
2. Learn different ways to meditate and different ways in which meditation can be used to improve our lives.
3. Learn how to get more proficient at dealing with our own feelings and those of others.
4. Learn different strategies and methods to become more aware of and to improve our communication with others and with ourselves.
5. Learn different strategies and methods to become more aware of and to improve the way we deal with conflict with other people, including family members.

## **Outline of topics to be covered**

### **Feb. 19 - Connecting with your inner self: The Many Types and Uses of Meditation**

This session will explore how each of us can connect with our inner self. We will learn different strategies and methods to become more aware of our thoughts, feelings, and behaviors. We will learn different ways to meditate and different ways in which meditation can be used to improve our lives and gain greater self-awareness.

### **Feb. 26 - Emotional Intelligence**

This session will discuss the types of emotional intelligence and the ways in which we can become more aware of and get a better handle on both our own feelings and those of others. We will explore the different aspects of emotional intelligence and how to get more proficient at dealing with our own feelings and those of others.

### **March 4 - Finding Balance**

This session will focus on how we can find greater balance within ourselves and in our lives. We will explore strategies for achieving greater balance in ourselves and in our lives.

### **March 11 - Becoming a more positive person**

This session will discuss how we can each become a more positive person. We will explore our internal sources of positivity, what may be blocking our access to them, and strategies for allowing positive feelings, behaviors, and energy to emerge.

### **March 18 - Coping with change**

In this session we will learn different strategies and methods to cope with life changes.

### **March 25 - Communications**

This session will discuss how we can improve our communication both with others and with ourselves. We will learn different strategies and methods to become more aware of and to improve our communication with others and with ourselves.

### **April 1 - Dealing with conflict and difficult people**

In this session we will learn different strategies and methods to become more aware of and to improve the way we deal with conflict with other people.

We will explore how we can deal with people with whom we have difficulty communicating. We will learn different strategies and methods to become more aware of and to improve the way we deal with difficult people.

### **April 8 - Improving family relations**

In this session we will learn different strategies and methods to become more aware of and to improve the way we deal with members of our family.

### **April 15 - Forgiving yourself and others**

In this final session we will learn different strategies and methods to forgive ourselves and other people.

**General requirements of assignments:** There are no required assignments. I recommend that each participant keep an ongoing journal of their reactions to and learnings from each class and ways in which class discussions may be influencing their daily behaviors and interactions.

**Classroom procedures:** Each class will begin with an informal presentation about the week's topic, followed by a facilitated class discussion of the topic, in which all class members are encouraged to participate. Each class will end with a guided meditation related to the week's topic.