



**COLLOQUY
COMMUNITIES**

***Psychological Education
for Well-Being & Leadership***

colloquycommunities.org

colloquycommunities@gmail.com

**COLLOQUY COMMUNITIES PROGRAM FOR PERSONAL & PROFESSIONAL DEVELOPMENT
FEBRUARY – APRIL 2024**



**COLLOQUY
COMMUNITIES**

*International Educational Organization
for Leadership & Well-Being*

**Personal & Professional Development Certificate of Attendance
awarded to:**

TEODORA BOGDANOVA

July 2023

**5 PROFESSIONAL DEVELOPMENT HOURS
with Colloquy Communities**

Personality Theories & Development

Introduction to Personality Theories, Personality & Well-Being, Birth Order & Personality,
Attachment Theory & Personality, and Personality & the Enneagram

Lawrence Sharrett

Lawrence Sharrett, M.Ed., M.Div., MSc.
Counseling Psychologist & Leadership Consultant
Director, Colloquy Communities

Colloquy Communities

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**JOIN COLLOQUY COMMUNITIES
AND EARN COLLOQUY CERTIFICATES
FOR PROFESSIONAL DEVELOPMENT**

****Colloquy Communities is a non-profit educational organization that operates on the donations of participants. A suggested donation for participation in a Colloquy session includes 10 euros for a community session and 40 euros for an individual session with one of our professionals. Donate [here](#).***

FEBRUARY 2024

Program or Series Topic

Date (check [calendar](#) for local times)

Facilitator(s)

Welcome Back / Leadership Series
Authentic Well-Being & Leadership
Trauma, Post-Traumatic Growth, & Resilience
Melodic Sketches: Create through Art & Music
Mental Health & The Future of Our World
Global Citizenship Forum
The Big Three: Family, Emotions, & Autonomy

Sunday, Feb. 11, 2024
Tuesday, Feb. 13, 2024
Sunday, Feb. 18, 2024
Tuesday, Feb. 20, 2024
Wednesday, Feb. 21, 2024
Sunday, Feb. 25, 2024
Tuesday, Feb. 27, 2024

Lawrence
Thato
Despoina
Ornella & Michael
Filippos & Zuzanna
Zina and Dima
Melika

*For more information about our facilitators, please view bios on our website [here](#).

What to expect:

- Understand the science behind breathwork.
- Benefits of having a daily breathwork practice.
- Techniques to support your mindfulness & self-care practices.
- 10-minute daily practice you can use.

COLLOQUY COMMUNITIES

Participants: Dima Wadjih, Lawrence Sharrett, Zuzanna Panek, Ornella Akrivopoulou, Filippos, Courtney, Virginia's, Thabang Manasoe, Teodora, Troy Owens, Gerri K, Beth, Liliana, Lisa Hughes

MARCH 2024

Program or Series Topic

Authentic Well-Being & Leadership
How Our Inner Child Influences Our Adult Lives
Leadership Series
Mental Health & The Future of Our World
Trauma, Post-Traumatic Growth, & Resilience
Melodic Sketches: Art & Music Creativity
Global Citizenship Forum
The Big Three: Family, Emotions, & Autonomy

Date (check [calendar](#) for local times)

Tuesday, March 5, 2024
Thursday, March 7, 2024
Sunday, March 10, 2024
Tuesday, March 12, 2024
Sunday, March 17, 2024
Tuesday, March 19, 2024
Sunday, March 24, 2024
Tuesday, March 26, 2024

Facilitator(s)

Thato
Anastasia
Lawrence S.
Filippos & Zuzanna
Despoina
Ornella & Michael
Zina and Dima
Melika

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The screenshot shows a Zoom meeting interface. On the left, a slide titled "Optional Task: Random Act of Kindness" is displayed. The slide text reads: "Optional Task: Random Act of Kindness. Create positive change to a stranger with a random act of kindness." To the right of the text is a photograph of a black utility pole with a white paper sign attached. The sign has handwritten text in red ink that says: "have you noticed, today, the generosity of the sky?". On the right side of the screen, there is a gallery view of participants. The participants shown are Courtney, Lawrence Sharrett, Despoina Kelapostolou, Thabang, Teodora Bogdanova, Volodymyr, and Lisa Hughes. The bottom of the screen shows the Zoom control bar with icons for Mute, Stop Video, Security, Participants (7), Chat, Share Screen, Record, Breakout Rooms, Reactions, Apps, Whiteboards, and an End button.

APRIL 2024

Authentic Well-Being & Leadership
How Our Inner Child Influences Our Adult Lives
Leadership Series
Mental Health & The Future of Our World
Melodic Sketches: Art & Music Creativity
Trauma, Post-Traumatic Growth, & Resilience
The Big Three: Family, Emotions, & Autonomy
Global Citizenship Forum

Tuesday, April 2, 2024
Thursday, April 4, 2024
Sunday, April 7, 2024
Tuesday, April 9, 2024
Tuesday, April 16, 2024
Sunday, April 21, 2024
Tuesday, April 23, 2024
Sunday, April 28, 2024

Thato
Anastasia
Lawrence S.
Filippos & Zuzanna
Ornella & Michael
Despoina
Melika
Zina and Dima

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**PLAN ON JOINING US FOR OUR FIRST COLLOQUY RETREAT
IN THESSALONIKI, GREECE
AUGUST 22-26, 2024**

More information to come