

WFWP Scotland, UK Webinar: Finding Who I am in the Time of Pandemic

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This webinar was led by Susan Crosthwaite, who has many years' experience in marriage enrichment consultation, emotional technique etc.

WFWP Scotland Chairperson Ann Breslin kicked off the webinar with a short video. This video introduced the aspects of Introvertedness and Extrovertedness in humans to ignite the participants' self-awareness. She then shared the different types of temperaments of human beings.

We were then split into groups to discuss topics:

Do you think you are an introvert or an extrovert?

Which catch phrase most expresses your attitude to life?

*Have fun, *Get it done, *Get it right, *Get along

Do you agree that our society over-values extroverts leading to those of us who are introverts trying to be extroverts to be appreciated?

After the group discussion, Susan made us aware of the human need for each other to feel joy, to get through the challenges in life, to fulfill the purpose of life; she provided some guidance on how to reach out to others.

Then second group discussion was organized to discuss:

Are Zoom calls good for overcoming isolation and building relationships?

How can we embody one another's feelings and attitudes so we can communicate well and be close in heart?

Group discussions were summarized and participants enthusiastically shared each other's views.

Reported by Ann Breslin
WFWP Scotland Chairperson