

2008 SoCal Regional CoDA Conference - Workshop Schedule - Saturday - May 31, 2008

Location Legend: AR = Ascot Room - CR = Crescent Room - GB1 = Garden Salon One - GB2 = Garden Salon Two			
7:00 - 8:15 a.m.	<p>Title: "MEDITATION - Transformational Interactive Techniques"</p> <p>Format & Location: Interactive Meditation in AR</p> <p>Synopsis: How to practice Step 11 in every day matters</p>		
8:30 - 10:00 a.m.	<p>Title: "Transforming Knowledge into Action: The Process of Working our 6th and 7th Steps"</p> <p>Format & Location: Interactive Workshop in GB1</p> <p>Synopsis: Exploring the Spiritual aspect of our 6th and 7th Step where we put our recovery into action while releasing the outcome to our Higher Power. Open for discussion, interaction and questions.</p>	<p>Title: "Changing Mosquitoes to Butterflies: Releasing and Transformation via the 9th Step"</p> <p>Format & Location: Speaker Workshop in CR</p> <p>Synopsis: I spent much of my life causing pain to others and myself and holding onto the consequences of that (mosquitoes). I describe my journey through my 9th Step and some of the creative approaches I took to make amends to a wide variety of people and institutions and how it played a major role in my healing and spiritual life (butterflies).</p>	<p>Title: "Step One Transformation Through Acceptance"</p> <p>Format & Location: Speaker Workshop in GB2</p> <p>Synopsis: My personal struggle with Step One. The crumbling of my self aggrandizement, the simple act of humility in accepting my powerlessness. My sitting with the terror of powerlessness, and how this slowly changed to acceptance. My experience with acceptance of my powerlessness, and how this transformed into a faltering first step on my path of recovery.</p>
10:00 - 10:15 a.m.	Break	Break	Break
10:15 - 11:45 a.m.	<p>Title: "Transforming Fear into Faith"</p> <p>Format & Location: Speaker Workshop in GB1</p> <p>Synopsis: Using experience, strength and hope to express how my CoDA program has transformed my life from fear to faith, including the gratitude for all the gifts I have received as a result of working this program. Drawing from CoDA literature: Choices Pamphlet, Beginners Booklet, Peeling the Onion, 12 Steps & Traditions.</p>	<p>Title: "A Newcomer's Transformation Through Recovery"</p> <p>Format & Location: Panel Workshop in CR</p> <p>Synopsis: Panelists will share their personal experience, strength, and hope in their recovery as newcomers in CoDA. Each panelist has a unique and diverse perspective that illustrates their transformation with weeks, months, and years of recovery. Question and answer session will follow the panelists sharing presentation.</p>	<p>Title: "Relationships: A Constant Transformation"</p> <p>Format & Location: Interactive Workshop in GB2</p> <p>Synopsis: We spend the first part telling a little bit about our story together and then open it up for questions and comments and we encourage others in the room to help answer the questions.</p>
12:00 - 2:00 p.m.	SoCal Assembly Meeting and Luncheon - Windsor Room - Regency Ballroom		
2:00 - 3:30 p.m.	<p>Title: "Transforming the Codependent Self Into the Recovery Self"</p> <p>Format & Location: Interactive Workshop in GB1</p> <p>Synopsis: Who lives inside us and how we develop as Codependents and how we transform our Codependence through recovery into our True and Divine Spiritual nature. Open for discussion, interaction and questions.</p>	<p>Title: "Transformation from Caregiver to Self Care"</p> <p>Format & Location: Panel Workshop in CR</p> <p>Synopsis: Three long term CODA members, each with a different perspective share their experiences about the transformations they've made from focusing on others to making their own self care a priority. Learn from them how working the program made a huge difference in their lives.</p>	<p>Title: "How is 'What I Think They Want' Transformed into Love and Service?"</p> <p>Format & Location: Interactive Workshop in GB2</p> <p>Synopsis: Explores the difference between codependent behavior (described as "recycling" or "relapse") and "Carrying the Message" using the "Principles contained in the Steps" through: a) Spending time with newcomers, b) Sponsorship, c) Being of Service to meetings I attend and d) Being of Service to the local CoDA Community.</p>
3:30 - 3:45 p.m.	Break	Break	Break
3:45 - 5:15 p.m.	<p>Title: "Transforming Through the Power of the Promises...The Journey towards Becoming Loving, Loved and Lovable"</p> <p>Format & Location: Speaker/Interactive Workshop in GB1</p> <p>Synopsis: How step work, self-care tools and exercises help discover answers to: "Who Am I?" and "What Do I Want?" ... questions that as a deeply rooted compulsive co-dependent I had NO CLUE how to answer.</p>	<p>Title: "Starting a New CoDA Meeting: Personal Transformative Experiences"</p> <p>Format & Location: Panel & Interactive Workshop in CR</p> <p>Synopsis: Four panelists share (15 min. each) their personal experience, strength and hope on starting a meeting focusing on transformative lessons learned that have helped in their personal quests for loving, happy and fulfilling relationships with God, themselves and others. Followed by a period of comments and questions from audience.</p>	<p>Title: "Emotional Transformation through Relationships Using the 12 Steps"</p> <p>Format & Location: Interactive Workshop in GB2</p> <p>Synopsis: How to use the 12 Steps to emotionally transform self in relationships, when to stay and when to walk away, when to tell the truth when my truth is my business, understand core wounds without imploding self or relationship, using boundaries.</p>

2008 SoCal Regional CoDA Conference Tentative Workshop Schedule Sunday - June 1, 2008

8:00 - 9:15 a.m.	<p>Title: "Transformational Through Affirmations"</p> <p>Format & Location: Interactive Workshop in AR</p> <p>Synopsis: An interactive affirmations circle. Learning to receive affirmations may create the vulnerability necessary to become more loving towards ourselves.</p>		
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