**Pathfinder Resilience Workshops**

Every day we wake up to the question “Who am I?” Therapist and theologian Henri Nouwen stated, “This is the most important question in life.”

Today more than ever, this question is thrust on us from a myriad of directions: the internet world, media, work, family, friends, politics, religion, and so on.

We are not usually interrogated with an obvious frontal assault; more often, this question is felt implicitly. None of us can escape the fact that the

question of identity is currently headline news.

Answering this question in the best possible way leads us to an ideal future self. Failure to satisfactorily answer this question leads to anxiety and depression or even worse.

These workshops will help you discover or rediscover your identity. When you know who you are and live intentionally with purpose – you are free to enjoy the blessings of life!