



Formation of Identity

What is Formation of Identity?

As we experience life we start to choose which information about the world we are going to believe, which will be deleted and what will be distorted to match our view of the world. Within each of us is unrealised potential that when explored allows us to change our sense of who we are and who we are becoming. We can all add new roles to our existing sense of self and in so doing form a new identity.

Who is it for?

This learning is for individuals who are ready to take on new opportunities or feel limited by their current sense of self. Whether we are undergoing a personal transformation or believe change is imminent its is worthwhile to explore this content

What does it offer?

This module describes how we begin to form an identity from childhood. It then goes on to explain how our brains create a map of reality from which we assess all our experiences. Once we have raised awareness that there is alternative data available to us to think new thoughts and hold alternative beliefs we are then able to explore taking on new roles with our life and living into our newly discovered potentialities.

How do we sign up?

Contact us at madebetterhuman.com.au

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