

Report on Workshop: Breaking Patterns and Creating Change

Date: 12 January 2024

Location: GJB 1

Facilitator: Mr Ravi Ramaswamy

The Centre for community Dialogue and Change

1. Introduction

The workshop on *Breaking Patterns and Creating Change* aimed to help participants understand and challenge ingrained behaviors and thought patterns that limit personal and professional growth. It emphasized practical strategies for creating lasting change and fostering a mindset that embraces growth, adaptation, and resilience.

The workshop was structured around interactive sessions, group discussions, and individual exercises. The key components included:

1. Understanding Patterns:

The facilitator began by explaining what patterns are and how they form over time. This segment emphasized both conscious and unconscious behaviors that define how people respond to situations and challenges. Participants were encouraged to reflect on their personal patterns.

2. Exploring the Causes of Repetitive Patterns:

This session explored the psychological and environmental factors that contribute to repetitive patterns. It included an exploration of habitual thoughts, cultural conditioning, and past experiences that can solidify negative patterns.

3. Techniques for Breaking Old Patterns:

Attendees were introduced to several techniques for disrupting and changing old behaviors. Methods such as mindfulness, cognitive reframing, and journaling were highlighted as effective tools to gain awareness of one's patterns.

4. Creating New, Positive Patterns:

The focus shifted to how participants could establish new, positive behaviors and thought patterns. The session included goal-setting strategies, accountability practices, and self-compassion techniques. Participants were guided through exercises to create actionable plans.

5. Group Discussions and Sharing:

Attendees broke into smaller groups to discuss personal patterns they wanted to change, sharing their experiences and supporting each other in the process. This segment promoted a sense of community and mutual encouragement.

6. Practical Application and Action Plans:

The final session provided a step-by-step guide on how to implement the strategies learned. Participants drafted personalized action plans to begin making changes in their daily lives and discussed how to sustain their progress.