



PSYCHOLOGY OF LIVING SPACE

On-line course and stationary

In this course, I invite you to one of the most fascinating paths of my professional work. The psychology of the living space is what touches me and moves me the most in my relationship with my client. Over the years of working with very different people, I have been able to observe the relationships that occur between a person, his character and way of life, and the apartment he creates. The depth and insight with which I observe and experience life brought me to the point where I began to make these fascinating discoveries time and time again. How man and his home are a mirror image of each other.

I believe that what I am sharing here is timeless information that helps to lead a more aware, responsible and deep life. Focused on true and sensitive relationships with oneself and with another human being. With this course, I would like to invite you to reflect personally and to make good changes in your life and surroundings.

The course is dedicated to deepening the knowledge and experience in the field of psychology of living space. It is in the form of podcasts and a descriptive presentation.

Like the "Home Is Your Wider Body" course, this proposal is a course-process.

I will be happy if you want to share your experience with me after the course.

Welcome!



FOR WHO IS THIS PROGRAM?

- you are in the process of life change or you are looking for it
- you want to create a living space for yourself that supports you and reflects your needs
- You and your family want to arrange a cozy, warm and comfortable place to live
- you want to learn to consciously shape the space around you
- you value order, order and harmony
- you have a holistic approach to life
- you are interested in psychology of living space
- you want to be sensitive to yourself / yourself and to your immediate surroundings

SPECIFIC KNOWLEDGE AND NEW SKILLS

- an original method that gives insight into yourself and your living space
- learning about the issues that are the result of many years of experience and knowledge in the relationship between me and my living space
- deepened awareness of own resources, which are a determinant of the direction Your development
- knowledge of how to consciously manage your resources and energy
- knowledge about how to consciously create your living space- function and ergonomics of the place
- unprecedented knowledge of the psychology of residential space, that is, a new look at the relationship, me and my apartment
- creating good energy in the apartment
- tips in the selection of colors and materials in the interior
- tips in the selection of furniture, lighting, accessories
- the boldness to independently make changes in your apartment
- you create a living space that reflects your needs, dreams and character
- you create a place that follows your transformation



TOPICS DISCUSSED DURING THE COURSE

1. What is the connection between me and my apartment?
What is this invisible thread that connects man to his home?
2. Conscious choice of place of residence.
What determines the good or improper energy flow of a place.
3. What to look for when arranging an apartment after crossing the door threshold.
4. The day and night zone of an apartment, their specificity, values, differences.
5. Identification of needs and resources as well as places that require support.
6. Adapting Eastern sciences to the European way of life. Getting to know the most important, key principles of feng-shui in the context of your place of residence.
7. Relation of the chakras to the living space. Knowledge about the elements, Elements occurring in nature and their relationship with the environment.
The ability to consciously shape space based on individual elements.
8. Psychology of clean, tidy and tidy living space.
Methods of cleaning the living space on the level of matter and energy.
9. Creating good interior energy, how to do it and how to maintain it.
10. The importance of colors - tips in the selection of colors and materials in the interior.
Tips in the selection of furniture, lighting, accessories.
11. Tips for specific choices, purchases. Critical points during renovation.
12. On-line consultation, 60 minutes at any time you choose (I encourage you to do so not earlier than in the middle of the course. Because a lot will change in you during this process.)

I strongly encourage you to keep a diary of each session. Writing down thoughts, feelings, insights, transformation processes. And also to answer individual questions in the descriptive part of the course.

I encourage you to play the recordings as many times as you want, because as time passes and you make changes, new insights and reflections about you and your living space will appear.



PRICE:

Price: 200 Euros

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The course is fully copyrighted.

Please respect my work and the work of the whole team. Please do not share the course with third parties.

ADDITIONAL INFORMATION

Possibility of organizing the course "live" in the form of on-line or stationary meetings.

Offer for individuals and groups. The price will be determined individually.

Feel free to contact me.



WELCOME! Kaja Kochańska