

Recovery from Underearning Blasting out of the Cave

2 day Workshop presented by Andrew D - co Founder of Underearners Anonymous

Andrew D is one of the co-founders of Underearners Anonymous (UA) and lives in New York. He is committed to being of service and to the expansion of UA abroad and has agreed to come to Sydney to lead this workshop.

**Do you compulsively earn less than you need?
Do you start one project after another, quickly loose interest?
Are you dissatisfied with your work but take no action to leave it?**

If so, there IS a solution. Join us.

Date: Saturday October 28 and Sunday October 29, 2017

Location: McMahons Point Community Centre
165 Blues Point Rd McMahons Point

Time: Registration from 9am (both days)
Saturday 28th - 9.30am – 6pm Sunday 29th - 9.30am – 5.30pm

Speaker: Andrew D

WORKSHOP

Day 1 is based on UA World Service Conference approved literature

Day 2 uses content developed by Andrew in his work carrying the message to people seeking recovery from under earning

Parking: Metered parking on Blues Point Road and limited parking on adjacent streets

Public

Transport: 5-10 minutes walk from North Sydney train station, 15 minutes walk from McMahons Point or Milsons Point Ferry wharves

Fellowship: Everyone is invited to meet with Andrew D. at a local restaurant at 6:00pm on both days

Contact: Caryn (Workshop Chair) Amanda T (Workshop Treasurer) Kate (Workshop helper)

For direct deposit information, please email Amanda:
UAcaveblast@gmail.com - 0412 696 802

ITINERARY (subject to change)

Day 1: Saturday 28 October 2017

Morning session – Symptoms of Underearning

9.30 - 10.25am

Why does UA exist?

Undervaluing and Under-pricing-Physical Ailments-Compulsive Need to Prove

10.30 - 11.25am

Idea Deflection-Time Indifference-Isolation-Not following up-Exertion Exhaustion

11.30 - 12.30pm

Clinging to Useless Possessions-Misplaced Guilt or Shame-Stability Boredom

12.30 – 1.30pm Lunch

Afternoon session – Tools of Underearners Anonymous

1.30 - 2.25pm

Time Recording-Meetings-Sponsorship

2.30 - 3 25pm

Action Partner-Communication-Action Meetings

3.30 - 4.25pm

Goals Pages-Literature-Savings

4:30 - 6:00pm

Action meetings for all in attendance

(After meeting fellowship at local restaurant)

Day 2: Sunday 29 October 2017

Morning session – Blasting out of the Cave Workshop

9:30 10:25am

What are Museum States and how do they relate to the character defects of all 12-step recovery?

10:30-11:25pm

How and why do we lie, cheat and steal from ourselves?

11:30-12:30pm

What are your Museum States and how do they block your prosperity? (Improv. games)

12.30-1.30pm Lunch

Afternoon session – Blasting out of the Cave Workshop in Action

Andrew will take the group through a series of cave blasting activities

1:30-2:25pm

Prayer-affirmations and the spiritual energy they possess

2:30- 3:25pm

Conversations without Condemnation

3:30-4:55pm

Improv games to integrate Prayer-affirmations and Conversations without Condemnation.

5:00-5:30pm

Gratitude Circle

(After meeting fellowship at local restaurant)

