

CHRONOGRAM OF THE CONGREGATIONAL PATH "INTO DEEP SEA"

June: The last week of June, each claretian sister will receive a written material with some practical exercises and a short motivational video by the professional, about **the evolutionary stages and self-esteem in our life as consecrated women.**

September 18: We will meet again online all together to celebrate and share echoes around developmental stages and self-esteem.

The last week of September each claretian sister will receive written material with some practical exercises and a short motivational video from the professional on **affectivity and the management of feelings and emotions.**

November 19: We will meet again online all together to celebrate and share echoes around affectivity and the management of feelings and emotions.

At the end of November each claretian sister will receive written material with some practical exercises and a short motivational video from the professional on **how we communicate.**

February 4 - 2023: We will meet again online all together to celebrate and share echoes around the way we communicate.

The second week of February each claretian sister will receive written material with some practical exercises and a short motivational video from the professional on **forgiveness and reconciliation for healing.**

18 March 2023: We will meet again online all together to celebrate and share echoes around forgiveness and reconciliation for healing.

Launch of the second year of the journey... they signaled their partners, with the presence of the laity

In addition, the commission wishes to propose meetings for novices, juniors and perpetual professed up to 5 years of PV.