



# Emotional Literacy Forum

The Emotional Literacy Forum (ELF) was formed in late 2007 in Canberra. The Forum's main aim is to help us develop the ability to express (or to refrain from expressing) our feelings, so as to enhance the quality of our lives and the quality of life of those around us.

The Forum is made up of some 25 people (most of whom are involved in mental health) and meets monthly. Members take it in turns to conduct sessions, which are inter-active and meant to be enjoyed. One of the reasons for choosing an elf for our logo was as a reminder not to take ourselves too seriously!

Topics covered so far include *An Introduction to Emotional Literacy* and *Temperament Theory (what makes us different from one another?)*. Topics for the first three months of 2008 include:

- *The Power of Focus, using art and meditation;*
- *William Glasser's 'Choice Theory' and the Emotions;* and
- *Introduction to Spiral Dynamics.*

We also plan to invite guest speakers from time to time.

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