

## C *Creating Contact & Change in Communities*

is about creating a high C factor:

*Communication, Commitment, Chance, Connection, Curiosity, Compassion, Continuity, Consciousness, qualities we cannot develop without Conflict, Confrontation, Control and Courage.*

Life is a gift and one big adventure. The steps you will be able to follow in this book are based on the idea that groups are learning communities, where people gather to solve personal and interpersonal problems. We are born in a group, we live in groups, no matter how.

To connect with her authentic self Tine van Wijk let herself be guided by the undercurrent: feelings, intuition, dreams, wisdom, longings, fears, crazy ideas that are not easy to express in a rational way. And you are invited to explore your undercurrent by reading, writing, painting, singing, playing to connect with your own wisdom. No one else can do it for you.



**Tine van Wijk** has been leading groups as a Gestalt teacher since 1988. She started her career as an editor of magazines, published the books *Aandacht* and *Ouwerpower*, was born and raised in Amsterdam, lived and/or worked in England, France, Germany, Russia, Ukraine and the USA. 'C' is based on her experiences working with groups, participating in conferences, workshops and retreats and on already written Gestalt and other wisdom.



Information about the growing C Community:  
[www.schrijfdeonderstroom.typepad.com](http://www.schrijfdeonderstroom.typepad.com)

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