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"The species that survives is not the strongest or the most intelligent; it is the one that adapts to change" Charles Darwin

"The Journey to True Independence"

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Independence is defined as freedom from the control, influence, support, aid or the like of others and can be an important source of learning.

Parents want their children to be independent and to have all the necessary tools to confront what life puts in front of them. In order for that to happen they should raise them under that premise.

For example, when a child is playing with a ball and it ends up under the table, the parent should teach him/her to pay attention to the table and calculate its height so the child doesn't hurt himself. You should also teach him/her to make slow movements in order to retrieve the ball and avoid braking things. The smile and personal satisfaction of the child after that maneuver will plant a seed of self-confidence and trust in him/herself. Another option is that the parent goes under the table and picks up the ball for the child, an act that doesn't perpetuate his independence.

As years go by, the children seek for the long-awaited independence but some questions arise for them; I want to live independently in order to discover Who I am and how do I determine my true potential? I want to live independently in order to discover what are my strengths and weaknesses? I want to live independently so I can discover how do I learn organizational skills?

The road to independence doesn't need to be a solitary route; asking for advice is not a sign of weakness, to the contrary, hearing other people's experiences can enrich your mind and expand your vision of the world. You may realize that what you believed was an irreparable conflict has a solution, that things not only happen to you but to others, too. You realize that given time, you can solve conflicts and overcome obstacles that interfered with your success.

Independence has no limits and it is a wonderful opportunity to help conquer the world!

(*) Sesiones Disponibles en Español