

5. Mindfulness: Words and Presence

The “Words and Presence” invites participants to explore the **art of conscious and creative communication**, integrating **Mindfulness techniques** to help people be more present in conversations, as well as the **Science of Symbology** where, through symbols and colours, **emotions, thoughts and perceptions are connected intuitively**, in the infinite search for self-exploration of the inner self. In a welcoming and inspiring environment, we will work together to **enhance active listening skills, encourage genuine self-expression and promote a greater sense of connection to the present moment**. Through interactive exercises and creative activities, participants will discover how **mindfulness** can transform the way they communicate, encouraging **deeper and more authentic dialogue**. This course is ideal for those seeking to **develop their communication skills, strengthen their creativity**, or simply **connect more fully with themselves and others**.

It is an experience that transcends words, where every conversation is an opportunity to be fully present.

- Target-audience: The community in general.
- Duration: 90 minutes.
- Location: in-person (no set schedule, held at the Camões Library).
- Free activity upon prior registration (dates to be announced) – Max. 12 participants.

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