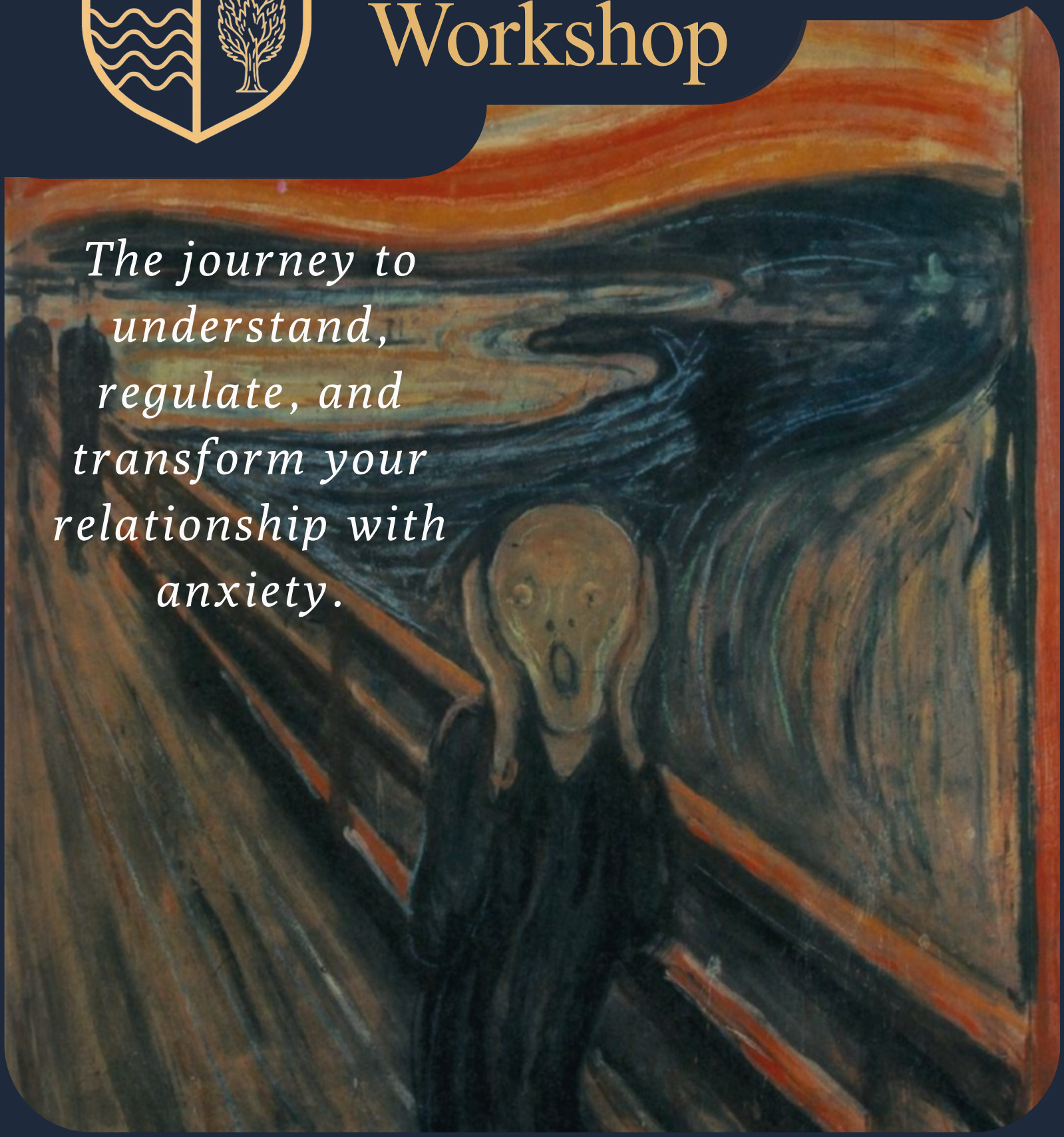
Anxiety Workshop



The journey to understand, regulate, and transform your relationship with anxiety.

www.iterca.com

IterOperaciones@iterca.com

A Message from the Program Creators



— Daniel Contreras —

The Anxiety Workshop is an invitation to pause amidst the noise and reclaim your calm. To stop, listen to your internal signals, dismantle the fears that paralyze you, and look with new eyes at the space you inhabit and the future you project. Over eight weeks, you will walk a path that integrates the best of modern neuroscience, cognitive behavioral therapy, mindfulness, and somatic wisdom to help you reconnect with what is essential: the self-regulation of your nervous system, compassion toward your thoughts, and the conscious embrace of uncertainty.

This workshop does not aim to promise you a storm-free life or magic formulas, but to give you deep tools to navigate chaos and transform it into your greatest refuge of clarity. Because we firmly believe that peace is not the absence of anxiety, but the absolute certainty that you can hold yourself with firmness and tenderness in the midst of it. Welcome: the space of serenity you seek to build can only be born from your own courage.



— Santiago Viveros —

Anxiety is an emotion that is widely spoken about today, with people increasingly noticing how it interferes with their daily lives. As a species, we are wired to seek pleasure and avoid pain, and our immediate instinct with anxiety seems to be making it disappear. However, avoiding what feels uncomfortable about anxiety is often precisely what intensifies it—or at least perpetuates it.

That is why this workshop takes a completely different approach, drawing on multiple disciplines such as philosophy, literature, psychology, and neuroscience. Our mission is to provide psychoeducation on anxiety by unifying several perspectives into a single framework, teaching evidence-based strategies that allow us to regulate anxiety without having to fight it. Through this regulation, we aim to build a life worth living.

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What is?

- A clinical 8-session workshop designed to help you understand your anxiety at its root — not just calm it temporarily — and give you real tools to regulate it day to day.
- This isn't generic meditation or motivational one-liners. It's a program that combines neuroscience, behavioral therapy (DBT and CBT), and existential psychology into a progressive method: first you understand what's happening to you and why, then you learn to regulate your body, and finally you build a life with meaning that sustains everything you've learned



Who Is It For?

This workshop is specifically designed for you if you—or someone you know—resonate with any of the following:

- You feel like you're living in survival mode: always on alert, never "enough"
- You're carrying the weight of a world that feels increasingly uncertain and demanding
- You relate to the feeling of giving more than you receive, without seeing results
- You're paralyzed by fear of failing, of not being competent enough, or of disappointing others
- You struggle to set boundaries, ask for help, or trust your support network
- You're tired of "controlling" your anxiety and want to learn to move through it instead



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Our Methodology

In the Anxiety Workshop, we don't just aim to convey concepts, but to turn every lesson into a practical experience that transforms how you understand, regulate, and respond to anxiety.

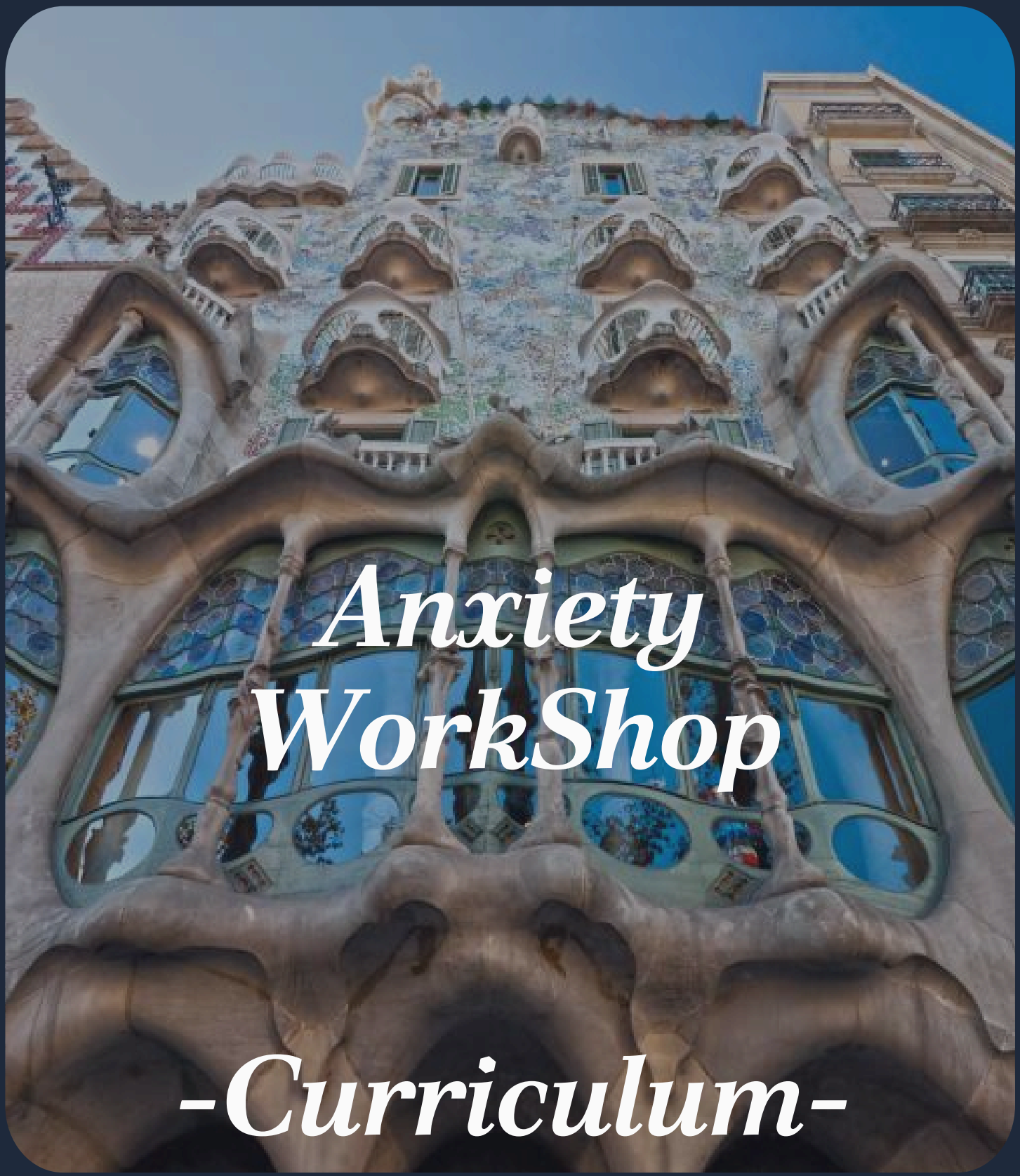
Individual preparation

- Before each session, watch the assigned videos or read the required reading materials. These resources will allow you to familiarize yourself with the concepts we will explore in depth and put into practice during the session.
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- Technical Note Reading (Optional): Review the theoretical and bibliographic framework that goes deeper into the session's key concept.
- Self-Assessment Activities: Complete the diagnostic tests, your challenge level, and the indicated journaling exercises

The In-Person Session

- Mindfulness: We will begin with a practice to train attention, observe internal experiences, and connect with the present moment.
- Theoretical Integration: We will revisit the pre-session materials to understand the mechanisms that explain and perpetuate anxiety.
- Practical Tools: We will practice strategies for emotional regulation, distress tolerance, and coping with uncertainty.
- Experiential Application: We will apply these tools to exercises and everyday situations to learn how to respond differently to anxiety.
- Wrap-Up & Practice: We will integrate key takeaways and establish a weekly practice to bring them into daily life.

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Anxiety WorkShop

-Curriculum-

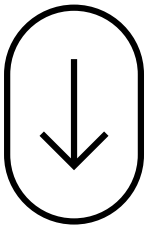
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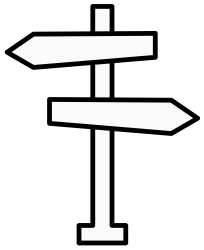
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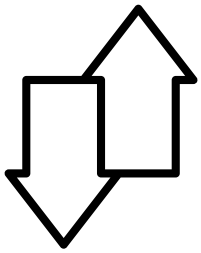
Anxiety Workshop



Session 1: Introduction: Epidemiology, Macroeconomic Trends, and the Psychology of 'Downgrading'

Session 2: The VUCA Environment and the Development of Virtues Across the Lifespan



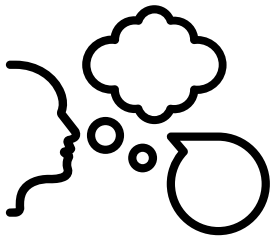


Session 3: Neurobiology of Regulation: Top-Down (Landing) and Bottom-Up (Takeoff) Decisions

Session 4: The MAP to Being Happy When Life Gets Tough



Session 5: The Existential Dialectic: Vita Activa vs. Vita Contemplativa

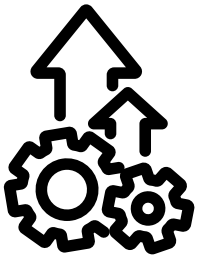




Session 6: Biopsychosocial Theory of DBT and Interpersonal Anxiety Regulation

Session 7: The Central Role of the Support Network: From Alienation to Communion





Session 8: Models of Action and Productivity: Mitigating Paralysis

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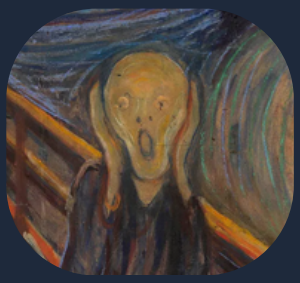
Investment ITER

Anxiety Workshop

What is it? This program does not aim to eliminate anxiety, but to help you understand, regulate, and relate to it in a more flexible way—recognizing its function and learning to take action even when it is present.

Investment:
In-Person: $9,500 MXN
Online: $5,500 MXN
Includes:

- Complimentary coaching session
- Certificate of completion



Happiness Workshop

What is it? A workshop designed to study and reflect on the concept of happiness and, specifically, what it means to live a happy life.

Investment:
In-Person: $9,500 MXN
Online: $5,500 MXN
Includes:

- Complimentary coaching session
- Certificate of completion



Coaching ITER

What is it? A personalized, one-on-one space that fosters self-awareness so you can become who you want to be, guiding you through the process of creating a life worth living.

Investment:

- Life Coaching
- Executive Coaching
- Productivity Coaching

Session Rate: 50 min / $1,300 MXN



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Why we exist?

"ITER was born as a response to G.K. Chesterton's famous reflection: What is wrong with the world is that we don't ask what is right."
Our fundamental goal is to help people build a life worth living. To achieve this, we integrate psychology, philosophy, and coaching under a single horizon, allowing us to address the full totality of the human experience. We firmly believe the humanities aren't meant to take care of themselves, but to take care of every human being. In a historical moment marked by instability and constant change, ITER was born to be a beacon of self-knowledge and transformation, offering tools from philosophy and psychology to turn everyday complexity into a path of growth, clarity, and deep personal fulfillment.

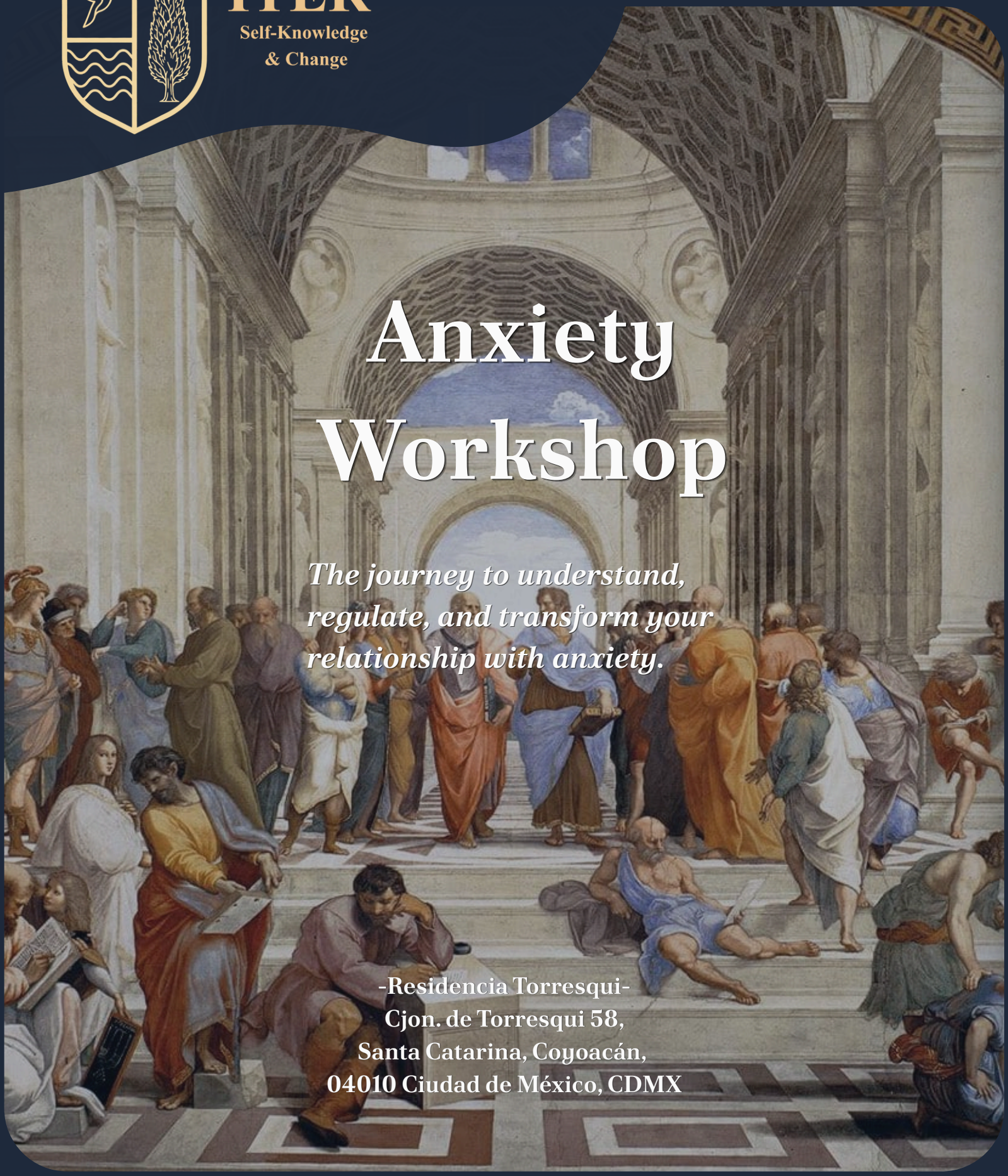
Our mission

Our mission is to accompany people in building a life worth living, through courses and coaching processes under our P.E.D.T. methodology (Phenomenological, Existential, Dialectical, and Transformational). We differentiate ourselves by integrating philosophy and psychology to deeply address the timeless challenges of being human, such as anxiety, happiness, self-knowledge, and change

Why ITER?

In Latin, Iter means "path", "journey", or "route". For us, life is not a static destination to reach, but a conscious journey built step by step

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Self-Knowledge
& Change



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-Residencia Torresqui-
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