



ARE YOU READY TO TAKE YOUR GROWTH
SERIOUSLY?

Do you want to live your life fully?

Free from what gets in your way?

*Personality and Human Relationships offers
you the **tools** that **accelerate** your growth.*

The Personal Methodical Growth

Program offers you a way to
achieve your personal growth
objectives.

Personal Methodical Growth Program

It is a GROWTH PROGRAM adapted to each person's rhythm and possibilities,

.....which helps you to carry out your yearly plan according to your priorities in life and your needs for growth.

- It consists in focusing your gaze on your whole person, that is, exploring what you are experiencing at all levels of yourself, with a view to co-operating with your growth in a unique way.
- You will be able to take into account the laws of growth which, in the PRH approach, have been proven effective for the management and acceleration of growth.
- It consists of 7 meetings where you can feel supported and guided throughout the year. Personal work between meetings is suggested.
- *All this adds up to feeling on track and getting a sense of achievement.*

This is what Ann has said about the Personal Methodical Program.

It is very beneficial to see/hear what my Being is craving and calling me to do, and to take action on.

It is good to have objectives in writing and to think very carefully about the means for meeting them.

It is beneficial to have meetings during the year to see how I am going and to make any adjustments that may be needed; to celebrate progress and to get enthused and re-motivated.

I love the end of year review because the distance gives so many insights that I don't see day to day. It gives me a chance to see the growth that has occurred that is more than the objectives I had made at the beginning of the year.