



## Growing in Personal Solidity

### *The important components of the human person*

#### **YOU CAN EXPECT THIS WORKSHOP TO HELP YOU:**

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- Explore briefly your human and material environment in relation to your growth.
- Discover the important components that make up the person, according to the PRH approach, and where they are located within the person.
- Grasp more fully how to progress and become who you truly are, in order to live your life better.

#### **WORKSHOP OUTLINE**

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- *Part 1 – The impact of the environment on my growth*
  - The impact of the human environment
  - The impact of the material environment
- *Part 2 – The important components of my person*
  - The being: essential aspect and core of my personality
  - Intellect, freedom, and will: three faculties of the “I” that govern my person
  - The body, the physical aspect of my person, and the source of my energy
  - The sensibility: my capacity to feel
  - The deep conscience: the reference point for making constructive decisions
- *Part 3 – How to progress?*
  - Progressing on three paths of growth
- *Action plan and final review*

#### **WORKSHOP PROCESS**

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This process takes place in a group. Through questions you are asked to observe a particular area in your life and to describe your experience of it. This personal time of guided written exploration is followed by optional sharing without any discussion. In order to deepen each individual's exploration, the educator offers input and various supporting resources (diagrams, commentaries, observation papers, etc.). The diverse experiences shared in the group are enriching for participants. You are also given opportunities to reflect and make decisions that are relevant to your life.

#### **CONDITIONS FOR PARTICIPATION**

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This workshop is open to all adults. It is not recommended for individuals under psychiatric care, except with approval from their psychiatrist.