



PRH Australia e-Newsletter

Issue fifteen, May 2017.

Exploring the Values at the Core of Myself

Welcome to the latest edition of the PRH Australia E-newsletter.

At the core of us, in our identity, lay our values. When we live by these essential, deeply-held values, we are truly ourselves and give meaning to our lives. This is why it is so important for us to know our values so that we can live according to them. It is also important to surround ourselves with people, groups, and organisations that share our values. PRH has deeply held values and we feel that it is important to share them with you, so you can feel assured they work for you, and with your own values. We hope you will be inspired by them.

After we introduce PRH International’s four key values, we take a closer look at the first two: with a number of participants to PRH workshops and programs reflecting and sharing their PRH experiences which highlight those values.

We have our usual favourite with lots of photos in Community News and we finish by sharing some ways you could creatively explore your values in Let’s Get Creative.

We hope you enjoy this edition and – as always – we welcome any feedback and contributions. Happy reading, reflecting and possibly creating!

Maud and Debbie
for the E-Newsletter team: Maud, Zofia and Debbie

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PRH Australia

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PRH is committed to four values in its work with people



- 1. Respect for each person:** Respect for their freedom, autonomy, dignity, uniqueness.
- 2. Efficiency:** Responding to clients' needs so as to have a positive impact and give them new perspectives for their life.
- 3. Sharing:** Making our services accessible by offering a scale of fees, being open to every social status, being supportive among educators and co-workers.
- 4. Passion which is shared and professional services:** We are passionate about personal growth which brings about social change. Our professional services are based on a code of ethics; teamwork; consistency in our services and ongoing training.

PRH Value Number one : Respect for each person

Here are some examples from PRH participants where they have felt respected...

[Becoming Freer and Freer](#) by Mea

I wanted to be free and have freedom in making my own decisions because being free makes me feel satisfied. When making decisions I sense a good feeling within me. I don't have to be scared or afraid of the decision I make. It doesn't matter whether the decision is a good or bad one as long as it comes from me. I believe I can learn and grow and be mature from making bad decisions. Everyone needs to have the freedom of making their own decision.



Mea loves to go on adventures. She has learnt how to make good decisions using the PRH approach.



Here in a PRH workshop Dorothy uses creative media to explore a theme important to her.

[My Experience of the PRH Approach](#) by Dorothy

My global discovery is of how PRH work can, indeed, transform the world through the lives of the individuals who engage with it. I am living this sensation now. I reflect on how I have felt passionate about justice and restorative justice. I discover within me that my PRH work has enabled me to become more just towards myself. This has happened through my taste for the truth and my determination to progress. I am living a fairer and proportionate attitude towards myself because of having relinquished my exaggerated need to take responsibility for the needs of others.....

I now recognise PRH is for me a form of social justice that works very quietly and inwardly, and specific to the needs of each individual.

PRH Value Number one : Respect for each person

Respect for their freedom, autonomy, dignity and uniqueness.



Maud is involved in the training program for the PRH Helping Relationship. Her research has led her to describe how to help a person through the different stages of the growth journey....

I sense there are several steps in a growth journey:

1/ **The raising of awareness**

➤ For the person to realise their dissatisfaction with what they are living

2/ **The aspiration to be themselves**

➤ The person wants to “drop the mask” or free themselves from negative patterns

3/ **The awakening of the connection with the being and the start of growth of some aspects of the being**

4/ **Getting the “I” on board**

➤ My experience is that it is a waste of time to try and get the “I” on board before the growth of some aspects of the being have begun to be made (ie. trying to explain why the person is acting in a specific way before awakening the aspiration to grow healthier). The reason is because the “I” feels challenged and the person needs a stable and strong base to anchor themselves in order to go beyond their defense mechanisms.

5/ **Starting re-education while fostering growth**

➤ Personal accompaniment and times for being are very important in the stage

6/ **Healing**

➤ The above work leads a person to stumble on “hard points” which need healing

7/ **Continue the 3 activities together: growth first and foremost + reeducation and healing**

Here is an example of meeting each person where they are in their growth journey

This is what Darren had to say after his first PRH workshop.....

I did the workshop “Discovering the Core of My Identity” with Zofia as recommended by my wife and mother-in-law who have already done many PRH workshops. So my expectations were high. I was also worried that I wouldn’t learn much that I already knew as I had done a lot of personal development courses previously.

I was pleasantly surprised that the material was very different to anything I had encountered before. I wish I had done this workshop when I was younger.



PRH Value Number two: Efficiency

Responding to clients' needs so as to have a positive impact and give them new perspectives for their life.

To work on yourself with someone, you must feel safe: safe to open up and disclose the doubts, fears and all possible negative feelings you can feel but also the deepest hopes and most sacred spaces of yourself. This is why it is important for all who work with PRH to know about PRH values. When we know about someone's values (and that they live by them!) we can feel safe.



Maria did the workshop "Learning How to Receive Help using the PRH Method" and here is what she had to say about it.....

I have grown a tremendous amount in these two days. I have been given tools and learnt a technique that can help before I go into a counselling session. The most important is creating a visual diagram of what I want to look at with my counsellor. I found that this was so beneficial.

To be able to observe a real life counselling session in progress in the workshop helps me to understand the process. To see both sides of the counsellor and the client is an amazing experience.

I have never used PRH as a counselling service but now I know how it works it gives me confidence to access it.

My action is to continue to learn, grow and heal with PRH programs. These tools I can use in my everyday life in helping me make choices. It makes me aware of my actions in my relationship. It makes me aware of who I am. It gives me structure in my decision making. It gives a voice to my thoughts and therefore makes me a better me.

This workshop gives you opportunities to bring about positive change.

Being Fully Authentic *(live in workshop)*



In this workshop you will:

- Understand what it means to "be fully authentic".
- Gain greater self-assurance so as to assert yourself in appropriate and creative ways.
- Have a better sense of your boundaries and limitations.
- Understand what self-respect entails.
- Learn how to experience true freedom in your relationships.

Dates: Friday Nov 24 - Monday Nov 27, 2017 (Arrive Thursday Nov 23)

Time: 9am – 5pm

Cost: \$495/\$395 concession (Accommodation not included in price)

Venue: Millgrove, VIC

Register by: Friday November 10, 2017

A deposit of \$100 is required to secure a place.

Click here for more information: www.prhaustralia.com/living-authentically

PRH Value Number two: Efficiency

Here Mark describes how PRH has had a positive impact on him and given him new perspectives for his life.

Hi everyone my name is Mark and I thought I'd share what I've got from doing my PRH workshops. I have to say when I first decided to do these workshops; I wasn't sure what I would get from them.

My first workshop was LISTENING TO THE MESSAGES FROM MY BODY..... I actually felt a sensation and worked with it and since then I learnt a lot about myself & what sensations mean. I particularly enjoyed our time in nature.....

Then a couple of months later I did my second workshop DISCOVERING THE CORE OF MY IDENTITY: with that workshop I continued to grow and learn more about myself and I have to say, a lot can come from writing down things about oneself. It's like writing your thoughts on paper and really getting in touch with yourself; it's all about the sensation and what it means. I really enjoyed the part where you share what you have written ...then others can listen and share their experience with you.

Then we come to the last workshop GROWING IN PERSONAL SOLIDITY. A few things came from this for me, for example what people in our life mean to us and also the stages to autonomy and what they mean. I also learned about my relationship with my body and some impacts my life can have on it, whether that is positive or negative. With this I discovered that our body is pretty resilient and it goes through a lot in the course of our lives.

I guess overall what I have got from doing these workshops is that I now know about my sensations and what they mean, and most importantly how to explore them and the impact they have in my life.

I would like to thank my partner Maria for introducing me to the PRH workshops and sharing my journey with me which has enriched our relationship. A special thanks to my facilitator Zofia for all your help in teaching me things I never thought possible.

Next year I hope to do more workshops and discover more about myself and I only hope that whoever reads this will be inspired to do these PRH workshops and discover themselves like I have. Doing these PRH workshops has inspired me to want to learn counselling and help others and maybe one day I too could teach people the PRH method, as I truly believe that you get so much from it. Thanks for reading this...



Growing in Personal Solidity (2 days)



Explore how your human and material environments influence your growth.

Discover what makes you, you:
your positive core;
your inner manager;
your physical energy source;
your emotional self;
your decision-making self.

Dates: Two Sundays: June 4 & 11

Time: 9.00 am to 5 pm each day

Venue: Mount Waverley

Register By: Friday May 26

Cost: \$310 (\$280 concession)

Community news

PRH educators without borders!!

Here we are, PRH educators from around the world, sharing and contributing so that we can be more effective and efficient in the work we do!

Our group has members from Switzerland, France, Italy, Australia, USA, Argentina, Spain and Belgium!



PRH in Malaysia

In December last year Zofia went to Malaysia to run workshops. The work was so good for all involved.



We also had fun walking along the beach at Port Dickson.

The food is amazing in Malaysia!



Zofia will be returning to Malaysia in August this year.

What will she be up to? Click the link to find out: www.mysoulgarden.org

Community news

Millgrove is becoming a popular venue for PRH Creative Expression workshops. The bush setting is so serene and being able to live-in creates a retreat-like experience. Here are some of our experiences from November last year and May this year.....



Let's Get Creative!

As our focus in this edition is on values we are inviting you to do a creative expression of one or more of your values. We would love you to share it with us, either by email, snail mail or by posting on the PRH Australia Face book page.

We offer these as different ideas....



Mary-Lin's values poster

Debbie's creative expression from a PRH workshop, called "Together"



An art journal page by Debbie with a Jennifer Louden quote: "Extravagant self-kindness will ALWAYS lead me home"



Another of Debbie's art journal pages: Listen closely. Even the trees exhale their own sweet love songs that roll off their boughs and echo out into all creation. Love is always in the air. a Cristen Rodgers quote.



If you have enjoyed your experience of making a creative work, PRH offers a number of workshops that use creative expression as a means to go deeper into learning about yourself, celebrating your own uniqueness and your contribution to society.