



Accelerating My Growth

The conditions for personal development

BENEFITS YOU CAN EXPECT FROM THIS WORKSHOP

- Gain a better grasp of how to develop all the aspects of your personality.
- Discover the stages of an itinerary aiming at self-actualization.
- Develop a personalized training itinerary based on a complete and realistic inventory of where you are.
- The possibility of entering into a personal methodical program (Personal Methodical Training program).

WORKSHOP OUTLINE

- *Part 1 – Specific laws of personal growth*
 - Six means for growth: having life-giving relationships, living and acting in accordance with my being, becoming impregnated with the realities of my being, healing from past hurts, getting to know myself through analysis, heeding the wisdom of my body.
 - Five attitudes to progress: the will to know myself, openness to my inner reality, the taste for the truth about myself, humility before myself and others, the determination to progress.
- *Part 2 – Managing my growth while taking my whole person into account*
 - *Presentation of the personal methodical training guide*
- *Part 3 – Developing a personal growth plan*

APPROACH USED IN THIS WORKSHOP

The training takes place in a group. Questions invite you to observe your life on the theme being dealt with and to describe your experience. The time of guided analysis is followed by optional sharing, without entering into discussion. In order to deepen participants' personal research, the educator gives input and uses various means (diagrams, commentaries, observations notes, etc.). The variety of experiences shared in the group enriches participants. You are invited to make well thought out decisions corresponding to your actual reality.

CONDITIONS FOR PARTICIPATION

This workshop is meant for individuals who have the desire to take charge of their personal development using the PRH tool, and the desire to follow a personalized guided and methodical itinerary, so as to accelerate their growth process.

You are required to have taken the *Who Am I?* workshop or the modules *Discovering the Core of My Identity* and *Growing in Personal Solidity* and one workshop on PRH analysis: *Exploring My Inner World* or *Listening to the Messages from My Body*.