



Personality and Human Relationships

Being yourself, in touch with the best in yourself, and relating to others as they are...

This is a theme at the heart of the PRH International School (Personality and Human Relationships).

Our approach to personal growth enables individuals to know themselves better, develop the best in themselves, and actualize their potential.

It also helps them to free themselves from certain obstacles (e.g., relational deficiencies, past trauma, self-devaluation, exaggerated sense of self, etc.) and to change unsatisfactory behaviour.

This process prioritizes the individual's growth by relying on the **positive** which constitutes the deepest part of each person.

The PRH School is founded on the observation of the experience of people from very diverse cultures on all continents, for over 40 years.

PRH-International offers a wide range of educational means for individuals, couples, parents, and groups, which include workshops and individual, personalized accompaniment.

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ARE YOU READY TO TAKE YOUR GROWTH SERIOUSLY?

Do you want to live your life fully?

Free from what gets in your way?

*PRH Education offers you the **tools** that **accelerate** your growth.*

The Personal Methodical Growth Program offers you a way to achieve your personal growth objectives.

What one person has said about the Personal Methodical Program.

..I like having a concrete goal to focus on.

I sense it gives me structure and guidance that I know has come from my own inner wisdom that is beneficial for me.

Having it written down in detail gives me something to refer to, jog my memory and often inspires me and re-motivates me.

At the end of the year I can sometimes feel I have not made much progress but after working at the Yearly Review, I'm surprised and pleased at the growth that has occurred.

Here is another person's experience...

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.

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.

Personal Methodical Growth Program	Time frame 6 week intervals	Cost
1st Meeting: My Plan for the Coming Year (1 1/2 hours)	Via the internet using Zoom	\$60
2nd Meeting: The Impact of My Objectives and Work Areas on My Whole Person (1 1/2 hours in length)	Zoom	\$60
3rd Meeting My Work Areas (1 1/2 hours in length)	Zoom	\$60
4th Meeting: Mid-Year Review (1 1/2 hours in length)	Zoom	\$60
5th Meeting: My Work Areas Concerning Re-education (1 1/2 hours in length)	Zoom	\$60
6th Meeting: My Work Areas Concerning Healing (1 1/2 hours in length)	Zoom	\$60
7th Meeting: Year-end Review/Inventory (2 X 1 1/2 hours)	Zoom	\$95
Total		\$455

- There are 3 paying options:**
1. Pay by the 1st meeting \$405 (a saving of \$50)
 2. Pay in two instalments of \$210 at 1st meeting and 4th meetings (a saving of \$35)
 3. Pay the cost of each meeting as you go.