



PRH Australia e-Newsletter

Issue sixteen, September 2017.

Exploring the Values at the Core of Myself, part 2

Welcome to the newest edition of the PRH Australia e-newsletter.

In the last edition we introduced PRH International’s four key values, and took a closer look at the first two; in this edition we explore the final two: Sharing and Passion. We give you some insight into a couple of PRH International programs you may not be aware of. Also, some FPM participants reflect on their personal discoveries from the FPM program.

In Community News Jo shares her experience of a creative expression workshop and there is news of a new PRH book to be released soon. We finish with the newsletter team sharing on our community involvement and passions in Let’s Get Creative – hopefully this will inspire you to share yours with us.

We hope you find the newsletter uplifting as you read about people sharing their own personal growth stories.

And – as always – we welcome any feedback and contributions.

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

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The new look [PRH Australia website](#) is live!

We have updated the PRH Australia website so that it's more accessible on a smart phone or tablet. Click [here](#) to take a look at the site's features. Happy browsing!

If you would like any information about PRH Australia, please contact Zofia on 0404 995 784 or email at zofia@prhaustralia.com



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.

Value Number Three : Sharing

Making our services accessible by offering a scale of fees, being open to every social status, being supportive among educators and co-workers.



Sharing involves supporting PRH educators and their public in countries that do not have the same resources as more developed countries. PRH supports them both financially and professionally. It does this through the IAAR (International Association André Rochais) which is a non-profit organization that gives people the possibility to develop a solid and balanced personality and the capacity to relate to others.

For more information, please visit the website: <http://www.iaar.eu/?lang=en>

Empowering female victims of domestic violence in Zimbabwe



Musasa is a local, non-subsidised NGO (non-Government Organisation) which specifically works with women who have been victims of violence, and very often domestic violence. A small group of these women had already completed the workshop 'Discovering my Core Qualities'.

They continue to work with a PRH educator there. In this way their self-confidence is growing and they are becoming more assertive.

Bernadette, the PRH educator in Zimbabwe, meets with the women every month.

One of the course participants says:

"I have more confidence in myself thanks to my interaction with the other women. I have learned that I should also consider myself and not just the others. I have more control over my own life. Now I have what I needed. I can connect with my interior and face the world with my head high. Thank you very much."

Empowering prisoners in Papua New Guinea

Educators accompany the prisoners towards their reintegration into society. They are often people who grew up in an environment of poverty and drugs, and sometimes end up in a cycle of criminal behaviour.

Rita Tarin is the PRH educator who accompanied Philipa in Mendi prison, Philipa, wrote:

"I would like to say thank you for your assistance. I've gone through so many problems and now I ended up here in prison. I felt rejected, left out, and felt only emptiness in me. Then four PRH workshops were offered to us, and I took part in: Who am I?; The Value of my life; Leading my life; and Accelerating my Growth. At this moment I am doing the FPM in my own timing. Once again, thank you for your assistance and for making it a success in my entire life."

Since she wrote this, Philipa has been released from prison after 8 years, and she has been reunited with her two children. She has been severely affected by those years in prison, but is courageously moving on.

She is extremely grateful for the support and faith in her, it helped her not to give up, but to continually make the choice for a better life despite the difficult circumstances.



Value Number Four : 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.

One PRH program that reflects this value is the FPM Program: with the support of a PRH Educator, participants determine their own growth objectives for a year and review these at each monthly meeting until a final review is completed at the end of the year.

Here are what some participants have to say about the program:

Anna writes

I see FPM as a tool to keep returning me to myself. I am stretching and taking on new challenges, and FPM is like putting the reinforcement into the concrete before pouring the shape of the year.

The FPM keeps bringing my attention back to what I value - to a kind of bedrock - it focuses me on that connection to myself and to life that helps me be actually, truly, alive.

The content of the meetings gives me the tools to help me untangle things and get a clearer perspective. In particular, I feel like I am developing a deeper understanding of the mechanisms that halt or hinder the move towards growth through my objectives. Sometimes that pushes me forwards and sometimes their unbudgingness makes me feel discouraged. I also have a sense of training my inner ear to notice all the parts that have a say in me and start to identify the source, let them all be - & so I hope eventually to have a greater sense of choice.

What has marked me is feeling like I have a companion who sees the inside of my life from where I sit, doesn't judge me, helps me look in the mirror, and keeps drawing me back to the track.

I get more and more, that mindset, and how I see things influences my experience of things. The meetings and FPM process help me own that.



Anna

Maryanne writes

With “grounded posture” I am opening myself out more to life’s possibilities, to expressing my truth, to connection with others, whilst coming from a place of strength and solidity.



Maryanne

Ethne writes

“It is satisfying to see and enumerate the steps I have taken to make some progress. As I look back, I am surprised at some of the things I have managed to do, as 12 months ago it just didn't seem possible and was all too overwhelming. There is a sense of things falling in to place when the time is right.”



Ethne

FPM Participants from around Australia

Participants from different parts of Australia attending a group meeting: each person works individually with Zofia on the FPM program online and every few weeks meet together to experience sharing as a group.



Left to right: Kathryn – Sunshine Coast; Zofia – Melbourne; Judith – Canberra;
Middle: Martine – Sydney; Peg – Blue Mountains; Anna – South Coast NSW;
Bottom row: Denise – Newcastle; Jo – Sydney

Personal Methodical Growth Program ONLINE!

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.

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.

- You focus 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.
- The program 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.*

Find out more by contacting Zofia on (03) 9807 8351 / 0404 995 784 or email zofia@prhaustralia.com

Community news



“Exploring My Present Relationships”

a creative expression workshop

Here is Jo’s experience:

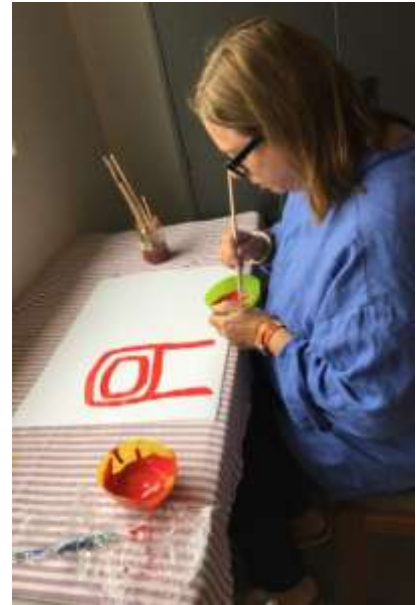
I have been glad for, and liked, my very own work. I can recall my sensations as I look at my work and can still feel my sensations emanating from my interior landscape. It is such a delightful discovery and there is the desire to explore further. At times my heart has been touched and has broken for me. I feel a love and warmth for me as I have been able to express parts of me. I recognize the journey of me to this point not only in these last days. It is more than these days; it is the collective journey to here.

I describe this journey as one of withdrawal, struggle, attempting to stand upright, reaching for the light, breaking free from chains. There is the self-discovery

and the uncovering of nurturing, enlivening relationships and the moving into freedom with myself and my relationships. I attempt to remain true, faithful and solid in my relationships

My means to continue will be around nurturing and growing me. I will continue my Times for Being. I have been able to practice further following my sensations in this workshop and I can do more on my own. Creative expression is something I can grow into more now I have had a starter. I have enjoyed and known the benefits my creativity has revealed to me. In my relationships I feel I have a newer sense of wanting to share deeper parts of me. I have begun this in some areas and now feel ready to offer more of myself when it is appropriate and when I feel safe. I know my changing and evolving can affect others close to me. I want to be in my change and growth and to live more fully.

My deep motivation is to continue to discover my Self. I have steadily fallen in love with PRH. It is my confidant, my accompanier and I sense I am now in relationship with it. I am very drawn to being in the process and I want it to be with me, and I with it.



Here are some of the other participants who were doing the workshop. L to R.: Judith, Debbie, Kathie, Ann.



Community news

Every day we constantly make decisions: ranging from the tiny to the life changing. Each decision can either take us towards the life we want and the person we want to be, or further and further off track. PRH offers help with the decision making process through the discernment tool, workshops and now....

PRH is bringing out a new book:

“The Art of Decision Making – the key points to succeed”

Zofia, Debbie – and Angie – provided feedback to Jean-Roch and Denise the two people tasked with the huge job of translating the book from the formal French into every day English.



Zofia and Debbie (we tried looking serious, but in the end we gave up!)

Online Questionnaire



PRH Australia is researching the use of online media to determine the most efficient way of communicating with the public.

Here is a short survey that you are invited to do:

<https://www.surveymonkey.com/r/YW9KBWD>

Thank you!

Let's Get Creative!

As we are looking at the values of sharing and passion in this newsletter we are inviting you to share your photos and stories about your passions and your involvement in the community. Are you a volunteer? Do you have a cause or hobby you are passionate about? We would love to hear from you....

To get you started, the newsletter team share with you their passions and community involvements:

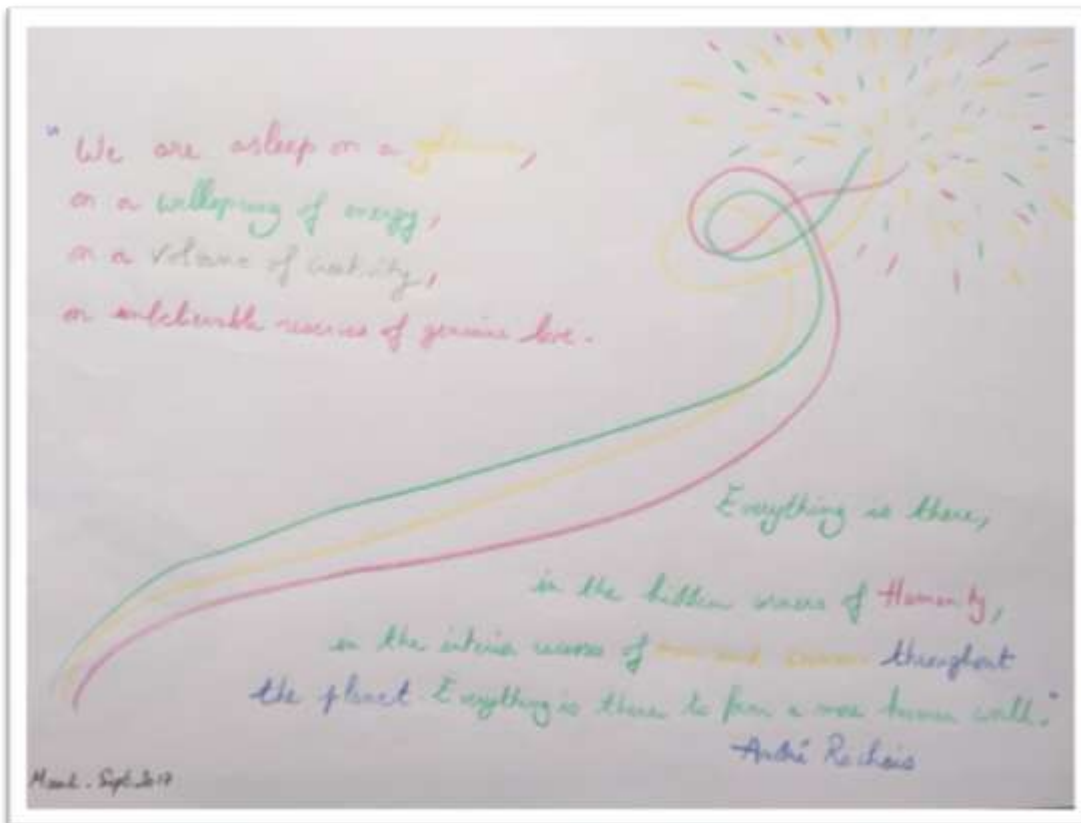


Debbie and her Mum make teddies. Many, many teddies have gone to Hospital visitors, and also into Samaritan Purse boxes which go to children in countries like Vietnam.

Zofia is passionate about gardening and creating community. Here she is with another avid gardener, Marie, at the Swap and Share group



Maud says: This quote by André Rochais struck me when I first read it and it still inspires me deeply.



At the heart of myself lays my passion for personal development and people's growth. Sometimes I am challenged by my own disproportionate and repetitive reactions, or by others' behaviour but it helps me to reconnect with this deep and transcendental belief in me that at we are all hosting a "goldmine" that we can rely on and live by. Wounds in our past are hampering our access to this goldmine (our being) but if we work on our growth we can liberate our goldmine and blossom in our life!

This is about the first part of the quote and it has taken me far until I recently experienced the second part of the quote and I found the support I have been looking for so long.

"Everything is there" because Life is not leaving us alone. When analysing a positive sensation of my being, I felt that nothing was a "hazard". I felt that even tough challenges are a gift given to me by Life to grow. I felt the trust Life has in each and every one of us if we surrender to it.