

Personal Development Program

Objectives

- 1) To understand the self and identify positive and negative qualities in order to progress on the path to God.
- 2) To learn strategies for personal growth from the wisdom in Divine teachings.
- 3) To achieve well-being through self-awareness and self-control.
- 4) To enjoy peace of mind that is independent of circumstances.
- 5) To maximise the God given potential present in each human being.

Topics

Session One: Knowing yourself

Session Two: Mindfulness

Session Three: Building self esteem

Session Four: Emotional Intelligence

Session Five: Communicating well

Session Six: Building Resilience

Session Seven: Understanding Happiness

Session Eight: Looking after the self

Session Nine: Relationships

Session Ten: Enthusiasm for life