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