

## CERTIFICATE in Personal Development

30 hour programme (delivered over 10 weeks)

What lies behind us and what lies before us are tiny matters compared to what lies within us.

Ralph Waldo Emerson (*American philosopher and poet, 1803-1882*)

This Personal Development Course is aimed at participants who are seeking to understand themselves more fully. Perhaps you are interested in a professional training, or you want to become more fully the human being that you are and share your unique gifts with others either personally or/and professionally?

ICPPD believes that Personal Development is a lifelong process. It's a way for people to assess their skills and qualities, consider their aims in life and set goals in order to realise and maximise their potential. Personal Development is the conscious pursuit of personal growth by expanding self-awareness and knowledge and improving personal skills.

Those skills include your mind, your body, your spirit as well as your level of success in all areas of life, however you may define that. The ultimate goal of Personal Development is to be a self-realised human being. That means living consciously at your full potential and reaching real happiness in your life. ICPPD supports a holistic ethos in all its programmes.

Join a group of like-minded people to explore and learn. Described as "a life changing experience" by participants, this course is facilitated by experienced counsellors and psychotherapists.

**At ICPPD** personal development, self-awareness and creative expression is seen as key components of any training and education programme.

**During the course** participants explore

- self-esteem issues
- effective communications skills
- assertiveness training
- healthy relationships
- mindfulness

The **aim of the course** is

- to develop participants' self-esteem and self-confidence
- to learn a way to communicate that enhance relationships
- to explore ways of behaving respectfully towards oneself and others
- to become more mindful and improve wellbeing.

**Venues:** Athlone: Creggan Court Hotel, N6 Centre, Athlone, Co Westmeath

Galway: Flannery's Hotel, Old Dublin Rd, Galway City

Workshop: New Beginnings Counselling & Psychotherapy Centre outside Athlone

For specific commencement dates and delivery times, per venue, refer to [www.icppd.com](http://www.icppd.com)

**Duration:** 30 hours, delivered over 8 evenings and 1 weekend

### Programme Learning Outcomes

On successful completion of this programme you will be able to

- communicate more effectively in your relationships
- reflect on your ability to change and make decisions and choices in your life practice mindfulness to support and improve your mental health
- own and appreciate your self-worth as a person in your life journey

**Entry Requirements:** This Personal Development programme is designed for those interested in personal development, and as a support to enhance the work of professionals in people-related work. Interested candidates are required to complete an application form, plus may undertake a brief interview (over the telephone).

**Attendance** is expected on all course days. Insufficient attendance may prejudice satisfactory completion of the programme.

**Assessment** for this course is through the completion of a 1,500 word reflection on your personal growth.

If you choose not to complete an assessment piece, you may still obtain a Certificate of Attendance (subject to maintaining an appropriate attendance level during the module).

**Workshop:** The *Mindfulness and Mindful-Living* (1-day) workshop completes the course and supports the Holistic focus of the programme.

**Personal Therapy:** Learners are advised that if any of the content of this programme affects them (or they experience any issues as a result of participating in this programme), they should please seek support from friends or a professional.

**Certification:** Satisfactory completion of this course leads to the award of an *ICPPD Certificate in Personal Development*. However, if you choose not to complete an assessment piece, you may obtain a **Certificate of Attendance** for the programme (subject to maintaining an appropriate attendance level).

**Progression:** Those who complete this Certificate have the option of progressing to complete the Certificate in *Introduction to Holistic Counselling and Practice*, and/or subject to successful application and interview, to apply for entry onto ICPPD's QQI-accredited *Bachelor of Arts in Holistic Counselling and Psychotherapy*, or equivalent programme at another third-level provider.

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*Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.*

Viktor Emil Frankl (Austrian psychiatrist and psychotherapist, Holocaust survivor and author of *Man's Search for Meaning*, 1905 –1997)

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### About the Course

Duration:	30 hour course, delivered over 8 weeks/evenings and 1-day weekend workshop
Schedule:	This course is usually delivered one evening per week (7.00pm - 10.00pm), plus a 1-day weekend workshop (10.00am-5.00pm)
Venue(s):	<u>Athlone:</u> Creggan Court Hotel, N6 Centre, Athlone, Co Westmeath <u>Galway:</u> Flannery's Hotel, Old Dublin Rd, Galway City <u>Workshop:</u> New Beginnings Counselling & Psychotherapy Centre ( <a href="http://www.newbeginnings.ie/">www.newbeginnings.ie/</a> ) outside Athlone.
Dates:	For specific commencement dates and delivery times, per venue, refer to <a href="http://www.icppd.com">www.icppd.com</a>
Fee:	€450. <i>To secure a place please complete the application form to ICPPD.</i> Applications must be accompanied by a non-refundable deposit of €50. Once an applicant accepts a place on the programme, any fees paid become subject to the ICPPD's Financial Terms & Conditions, which outlines the College's policies in relation to refunds, payment plan, etc. [ref <a href="http://www.icppd.com">www.icppd.com</a> for more information].
Award:	Satisfactory completion of this course leads to the award of an ICPPD Certificate in Personal Development  Those who do not wish to complete the programme assessment requirements may still avail of a <b>Certificate of Attendance</b> for the programme (subject to maintaining satisfactory attendance).
Application:	To download an application form visit our website: <a href="http://www.icppd.com">www.icppd.com</a> , or telephone 090 6470484 for further details

*Our vision is to inspire, encourage and support you in your journey towards wholeness*

*ICPPD reserves the right to cancel, suspend or modify in any way the matters contained in this publication. The College reserves the right to amend the list of modules being offered for any programme.*