

## INTERNATIONAL COLLEGE FOR PERSONAL & PROFESSIONAL DEVELOPMENT

### CERTIFICATE in Personal Development

*10-week, 30 hours' course*

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.

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

#### About the Course

Duration:	30 hour course, delivered over 8 weeks and 1-day workshop.
Schedule:	This course is usually delivered one evening per week (7.00pm - 10.00pm).
Venue(s):	ICPPD, Athlone, Co Westmeath, GMIT, Galway.
Dates:	For specific commencement dates and delivery times, per venue, refer to <a href="http://www.icppd.com">www.icppd.com</a>
Fee:	€395. <i>To secure a place please complete the application form and forward with a (non-refundable) deposit of €50 to ICPPD.</i>
Award:	Satisfactory completion of this course leads to the award of an ICPPD Certificate in Personal Development
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.*