



- live authentically
- ⚙
- grow in self-confidence
- ⚙
- improve your relationships
- ⚙
- make good decisions
- ⚙
- reduce stress
- ⚙
- discover your purpose

Program of Workshops
2018



About Us

PRH (Personality and Human Relationships) is an international school of education in personal development. We are established in over 40 countries worldwide.

We offer growth programs designed for adults and young adults who wish to increase self awareness and achieve a greater degree of self fulfilment.

The PRH process of personal growth involves self-directed and methodical analysis that is gentle and sensitive to each individual's needs.

The approach is based on Humanistic Psychology which emphasises the discovery of the positive in each person.

It is effective for all people, regardless of race, culture, religion, educational or economic background.

What can PRH do for you?

Through workshops and counselling we can help you to:

- * Live with greater self-confidence
- * Find inner harmony
- * Make better decisions
- * Relate better with others
- * Bring your personal contribution to the society in which you live

For more information or to book please visit our website at www.prhaustralia.com or call on (03) 9807 8351 or 0404 995 784.

Program 2018

January

Becoming Who I Truly Am - A Possibility and a Challenge
Jan 20 & 21

March

Loving and Being Loved March 23 - 26

April

Freeing Life in Me April 20 - 25

June

Who Am I?
June 9 & 10, 23 & 24

July

Growing in Personal Solidity
July 14 & 15

August

Resistances - Obstacles or Opportunities?
Aug 19, 26 and Sept 2

September

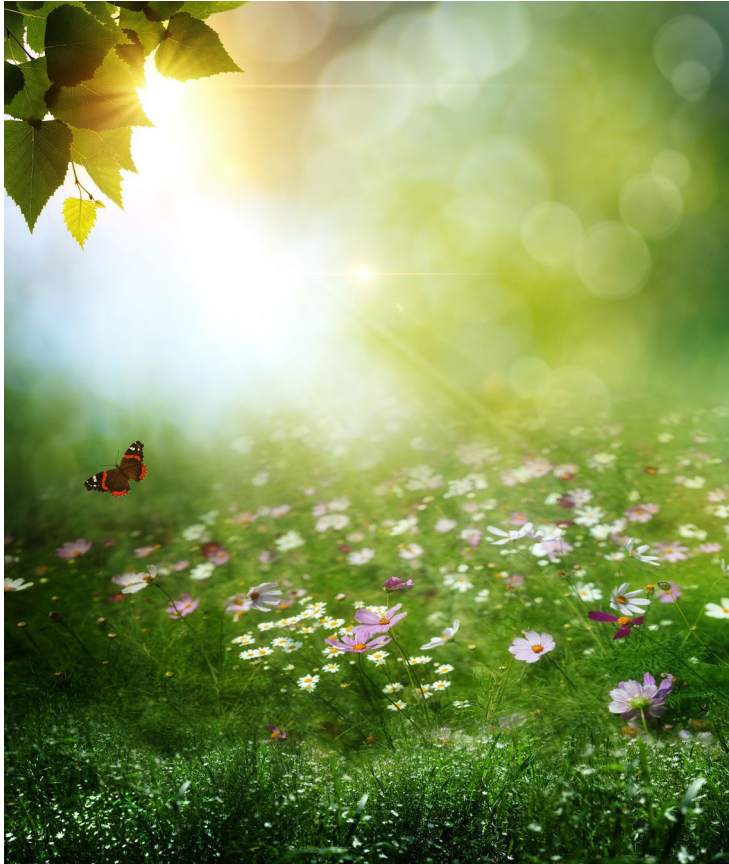
Living More Harmoniously
Sept 15 & 16, 29 & 30

November

My Body and My Growth as a Person
Nov 22 - 26

December

Discovering the Core of My Identity
Dec 8 & 9





Becoming Who I Truly Am - A Possibility and a Challenge (Two Days)

Exploring who I really am...

- in my relationship to myself;
- in my relationship with my material and human environments;
- in the way I spend my free time;
- in dealing with my commitments;
- and through the decisions I make.

During these two days you will have an opportunity to be open to these relationships, to express and describe your experience in these relationships and to discover aspects of being so as to deepen them and move towards becoming who you really are.

Dates: Sat 20 Jan & Sun 21 Jan, 2018

Time: 9am - 5pm

Register by: Friday Jan 12, 2018

Venue: Mount Waverley

Cost: \$345/\$295 conc.

A deposit of \$50 is required to secure a place.



Loving and Being Loved - Canberra (Four days)

To understand your way of loving and being loved in order to experience this in a more satisfying way and develop a better understanding of this essential area of your life.

Content:

- The two types of needs underlying your loving relationships:
 - the aspiration to love, and
 - the need to be loved.
- Exploration of the need to be loved and its origins; exaggerated expressions of this need.
- In-depth analysis of the aspiration to love by examining the essential components of love:
 - attention to the other;
 - a sense of wonder at what you discover in the other;
 - respect for the other's freedom.
- The necessary conditions for harmonious growth in loving and being loved: areas for action and attitudes to cultivate.

Pre-requisites: *Discovering The Core Of My Identity & Growing In Personal Solidity* or *Who Am I?* and some training in PRH analysis.

Dates: Friday 23 March - Monday 26 March, 2018

Time: 9am - 5pm

Cost: \$530/\$450 concession

Venue: The Gathering Place, Dickson, Canberra ACT.

Accommodation available at the venue: contact Lorraine at: gatheringplace@netspeed.com.au

Register by: Friday March 9, 2018

A deposit of \$100 is required to secure a place in this workshop.



Freeing Life in Me

(5.5 day live-in workshop - Millgrove)

Explore inner life and its obstacles using creative expression

Objectives:

- Increase self-knowledge of your life energy and the obstacles that hinder its free expression
- Learn to express your experience using colour, lines and shapes (using paint, pastels, collage materials, clay etc.)

Content (four parts):

- Exploring your present self-image
- Expressing the life that surges up from the depths of your being
- Expressing the obstacles that block this life
- Encouraging life in you and helping it overcome these obstacles

No artistic experience required.

Dates: Friday 20 April - Wednesday 25 April (ANZAC day)

Time: 9am - 5pm (Friday only: 3 -5pm)

Cost: \$640/\$530 conc. (cost includes all art materials)

Venue: Oak Maree, Millgrove

Register by: Friday March 16, 2018

A deposit of \$100 is required to secure a place in this workshop.

This is a live-in workshop. Accommodation is not included in the workshop fee.



Dates: Sat & Sun 9 & 10 and 23 & 24 June, 2018

Time: 9am - 5pm

Cost: \$530/\$450 concession

Venue: Mount Waverley

Register by: Friday May 25, 2018

A deposit of \$100 is required to secure a place in this workshop.

Who Am I? (Two weekends)

Getting to know better the solid core of my personality

You can expect this workshop to help you:

- Know yourself better.
- Identify your most central aspirations.
- Clarify the necessary conditions for the unfolding of your personality and for gaining greater self-esteem.
- Progress in solidity and self-assurance in life, so as to better face life's difficulties.

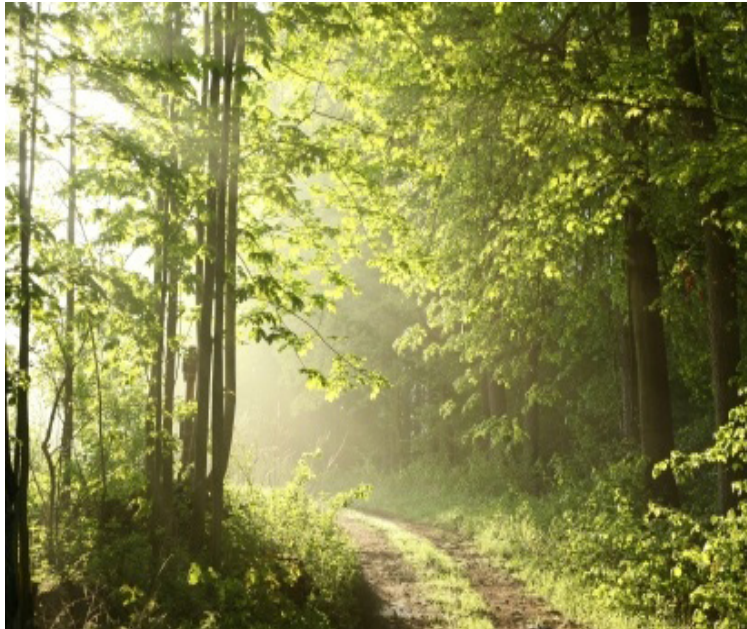
Workshop Outline:

Part 1 – Two doorways to self-knowledge: my self-image and my degree of autonomy before others.

Part 2 – The important realities of the person: The being, the "I", the sensibility, the body and the deep conscience.

Part 3 – How to progress; being an active participant in my growth.

This is an excellent introductory workshop and therefore is perfect for everyone, regardless of knowledge or experience in personal growth techniques.



Growing in Personal Solidity (Weekend workshop)

Objectives:

- To explore our human and material environment in relation to our growth;
- To discover the important realities, that make up our person and where they are located in us.

Content:

- The impact of the human and material environments;
- The realities of the person: our "I" (our thinking/deciding and acting self), our sensibility (our feelings), our Being (the core of ourselves), our body (our physical reality) and our deep conscience (the place where we identify realistic decisions);
- How to progress by moving forward on the three pathways of growth.

This is a fantastic workshop for anyone who is interested in knowing themselves better and learning how to live the life they truly desire!

Dates: Sat & Sun 14 & 15 July, 2018

Time: 9am - 5pm

Cost: \$345/\$295 concession

Venue: Mount Waverley

Register by: Friday July 6, 2018

A deposit of \$50 is required to secure a place in this workshop.



Resistances - Obstacles or Opportunities? (Three Sundays)

Objectives:

- To observe what the phenomenon of resistance consists of, without judgement,
- To identify what awakens resistances and their various manifestations, as well as their origin,
- To observe pitfalls in order to avoid wasting energies in one's growth journey,
- To become better equipped to work on them by oneself

Scope:

You will journey from living unconscious or semi-unconscious resistances to observing how they manifest in you in order to understand them better.

Observing various types of resistances will shed light on your defense system and enable you to free yourself and move into more freedom and authenticity.

Re-education will open the path to making different choices as you choose and mobilize energies to do so.

Pre-requisites for this workshop: to be involved in one of these programs: FPM, FPA, or FRA.

Dates: Sundays August 19, 26 & September 2, 2018

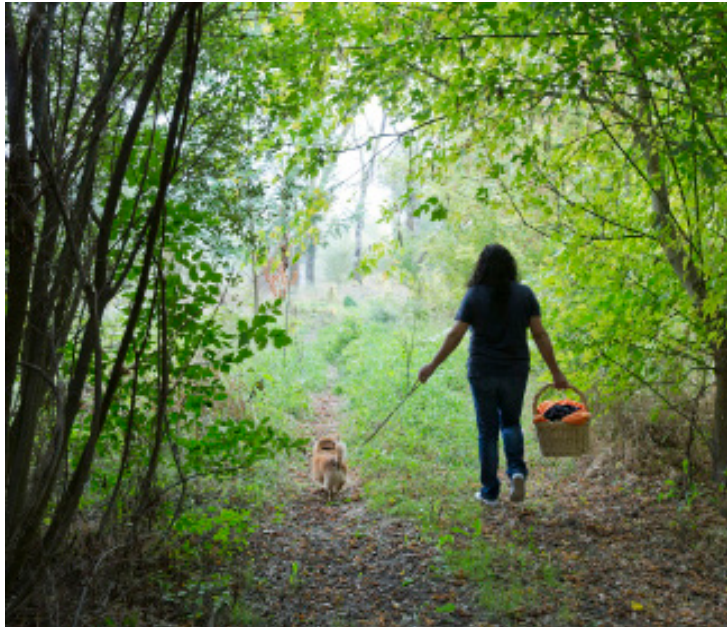
Time: 9am – 5pm

Cost: \$395/\$320 concession

Venue: Mt. Waverley, VIC

Register by: Friday August 10, 2018

A deposit of \$50 is required to secure a place.



Dates: Sat & Sun 15 & 16 and 29 & 30 Sept, 2018

Time: 9am - 5pm

Cost: \$530/\$450 concession

Venue: Mt. Waverley, VIC

Register by: Friday Sept 7, 2018

A deposit of \$100 is required to secure a place in this workshop.

Living More Harmoniously (Two weekends)

Adjust your ways of functioning so as to lead your life well.

Outcomes:

- Discover your various ways of functioning.
- Identify your proper ways of functioning and your dysfunctions.
- Identify possible adjustments for a more harmonious life and be more coherent with who you are.

Workshop outline:

Part 1 – The various ways of functioning of the pivotal centres of the person

- The being and its ways of functioning
- The “I” and its ways of functioning
- The body and its ways of functioning
- The sensibility and its ways of functioning

Part 2 – Restoring order in myself

- Evolving toward proper ways of functioning through re-education
- Making decisions and leading my life
- Action plan and final inventory



My Body and My Growth as a Person (Five day live-in workshop - Millgrove)

Objectives:

- To get to know myself by looking at what makes up my relationship with my body
- To discover the place and the role of my body in my personal growth
- To improve my relationship with my body in order to create unity in myself

Content:

Topics covered include:

- The image I have of my body
- The history of my relationship with my body
- My body's own language
- Managing my body's energy
- The place and role of my body in my decisions
- My body and unifying my whole person

Dates: Thurs 22 - Mon 26 November, 2018

Time: 9am - 5pm

Venue: Millgrove TBC

Cost: \$620/\$510 concession

Register by: Friday November 2, 2018

A deposit of \$100 is required to secure a place.

This is a live-in workshop. Accommodation is not included in the workshop fee.



Discovering the Core of My Identity (Weekend workshop)

You can expect this workshop to help you:

- Become more aware of your self-image;
- Discover the core traits of your identity;
- Understand better how to progress in order to give importance to what is most essential in you.

Content of the workshop:

Part 1 – The self-image

- The image I have of myself

Part 2 – The central component of my person

- The being: the essential aspect and core of my personality
 - Source of potential qualities and capabilities we are often not fully aware of
- Part 3 – How to progress
- Adopting certain fundamental attitudes

This is a workshop for anyone who is interested in knowing themselves better and learning how to live their life well and with confidence.

Dates: Sun & Sun 8 & 9 December, 2018

Time: 9am – 5pm

Cost: \$345/\$295 concession

Venue: Mt. Waverley, VIC

Register by: Friday November 30, 2018

A deposit of \$50 is required to secure a place.



One-to-One Counselling

If you want to work through a specific problem, difficulties in a relationship, a decision that is worrying you, or making the right decision; or if you are feeling stuck, upset or overwhelmed, spending time in a one-to-one helping relationship can be very beneficial.

Zofia Di Stefano has had many years experience as an accompanist in the PRH Helping Relationship and is available for private sessions.

These interviews can help you to see more clearly, to change your way of looking at your problems, to discover better ways to live, to grow and to discover more of your strengths and potential and to become more positive about yourself and your life.

Time: Each consultation is an hour in length.

Cost: \$85/\$70 concession

Call (03) 9807 8351 or 0404 995 784 for an appointment.
(Appointments can be face to face, via the phone or Skype)

Email: zofia@prhaustralia.com or visit
www.prhaustralia.com



About the Facilitator

Zofia has been an educator for over 40 years - firstly as a school teacher and then as a facilitator of personal growth with adults.

She has worked for the Ministry of Education, the Council of Adult education (CAE), Monash University, Swinburne University, Holmesglen TAFE and Box Hill Institute in Personal Development Training of adults.

Zofia has been a licensed educator with Personality and Human Relationships for 18 years and trains potential facilitators in Australia and Malaysia as well as mentoring educators in Africa. Zofia is also a member of the advisory committee of PRH International.

She believes passionately in the capacity for growth of individuals and their potential to contribute constructively to society.

Please contact Zofia on (03) 9807 8351 or 0404 995 784 or email zofia@prhaustralia.com with any questions or queries.

PRH Australia website: www.prhaustralia.com

Facebook: www.facebook.com/PrhAustralia