



live authentically



grow in self-confidence



improve your relationships



make good decisions



reduce stress



discover your purpose

Program of Workshops
Sept - Nov 2019



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.

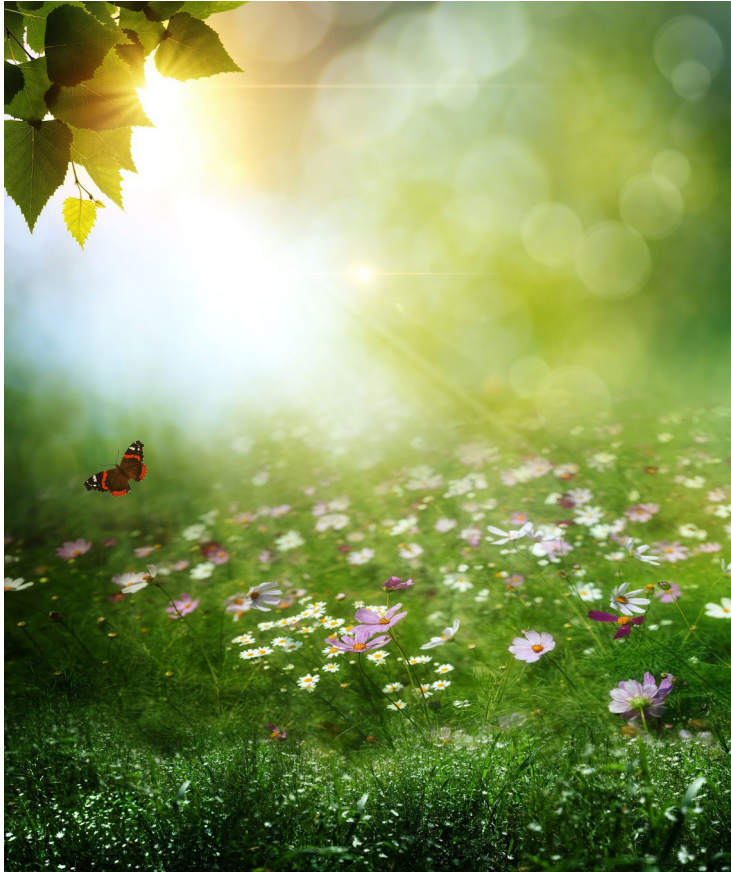
It is effective for all people, regardless of race, culture, religion, educational or economic background.

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 Sept - Nov 2019

September

Loving and Being Loved

Sept 6 - 9

4 days, Melbourne

September

Who Am I?

Sept 27 - 30

4 days, Melbourne

October

My Daily Decisions Shape My Life

Oct 6

1 day, Melbourne

October

Understanding and Trusting My Feelings

Oct 27

1 day, Melbourne

November

Getting My Life Back

Nov 9

1 day, Melbourne



Dates: Fri Sept 6 - Mon Sept 9, 2019

Time: 9am - 5pm

Venue: Melbourne

Cost: \$565/\$485 concession

Register by: Friday August 23, 2019

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

<https://www.prhaustralia.com/relationships>

Loving and Being Loved

(Four day workshop)

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: Fri Sept 27 - Mon Sept 30, 2019

Time: 9am - 5pm

Cost: \$565/\$485 concession

Venue: Mt. Waverley, VIC

Register by: Friday Sept 13, 2019

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

<https://www.prhaustralia.com/self-knowledge-and-growth>

Who Am I?

(Four day workshop)

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.



Dates: Sun Oct 6, 2019
Time: 9.30am - 4.30pm
Register by: Friday Sept 27 2019
Venue: Mount Waverley
Cost: \$210

A deposit of \$50 is required to secure a place in this workshop.
<https://www.prhaustralia.com/living-authentically>

My Daily Decisions Shape My Life

(One day workshop)

Discover a powerful technique to stand up for yourself

When we decide we want to improve the way we live our life, including to better stand up for ourselves, we often think about making big changes and give ourselves ambitious goals. But true, long lasting change and improvement comes first through our small daily decisions. No act is neutral, it either helps us build a meaningful life for ourselves or not.

In this very practical workshop you will:

- Clarify how your daily decisions shape your life
- Look practically at how you can stand up for yourself when you usually don't
- Explore and strengthen your ability to make good decisions for your life
- Improve your way of standing up for yourself through your daily decisions
- Super-charge your motivation to be who you really want to be even in difficult situations

Why you may want to take this workshop

- You want to learn a practical technique to be able to stand up for yourself
- You want to start living daily life more in line with what is important for you
- You want to feel more confident in setting your boundaries or asking for support
- You want to feel less sensitive and tense when faced with any kind of conflict or negative judgment directed towards you



Understanding and Trusting My Feelings (One day workshop)

*Explore your capacity to feel through writing and self-reflection.
Become aware of ways in which your feelings and your body are messengers, telling you something about yourself.*

Gain understanding of how 'feelings' can be a means of strengthening you in your life expression.

Be encouraged to relate in a positive way with your feelings.

During this workshop you will:

- Explore your capacity to feel through writing and self-reflection.
- Become aware of ways in which your feelings and your body are messengers, telling you something about yourself.
- Gain understanding of how 'feelings' can be a means of strengthening you in your life expression.
- Be encouraged to relate in a positive way with your feelings.

The Content:

- Observing myself in my feelings
- Awakening my feelings & letting them come alive
- Discovering how feelings influence my action or non-action
- Experiencing disproportionate and recurring feelings
- Discovering the strength of my feelings
- Taking responsibility for my sensitivity
- Managing my feelings in a positive way

Dates: Sun Oct 27, 2019

Time: 9.30am - 4.30pm

Register by: Friday Oct 19 2019

Venue: Mount Waverley

Cost: \$210

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

<https://www.prhaustralia.com/self-knowledge-and-growth>



Dates: Sat Nov 9, 2019

Time: 9.30am - 4.30pm

Cost: \$210

Venue: Mt. Waverley, VIC

Register by: Friday Nov 1, 2019

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

<https://www.prhaustralia.com/living-authentically>

Getting My Life Back (One day workshop)

A powerful workshop for support people

- Clarify what is important for you to make your life truly meaningful and fulfilling
- Discover how you could have a better life balance
- Grow in your self-confidence in your ability to manage your challenges
- Learn some practical tools to re-balance your life

Itinerary:

Part I – What is meaningful in my life

Part II – Improving my way of dealing with my challenges

- What hinders me (outside and inside of myself)
- Practicing constructive attitudes

Part III – Building a better balance for your life

- Using effective tools
- Drawing a plan for yourself

Why you may want to take this workshop:

- You are or have been supporting someone through difficulties and you have lost sight of your needs
- You are or have been looking after children full or part time and need to refocus on your own life
- You work as a carer and have difficulties setting boundaries in your work
- You feel a lack of fulfilment in your life because you have too little time for yourself



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: \$90/\$70 concession

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

Email: zofia@prhaustralia.com or visit
www.prhaustralia.com
<https://www.prhaustralia.com/counselling>



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 20 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

For one-to-one counselling: www.prhaustralia.com/counselling