



## Growing in Personal Solidity

### *The important realities of the human person*

#### **BENEFITS YOU CAN EXPECT FROM THIS WORKSHOP**

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- Briefly explore your human and material environment in relation to your growth.
- Discover the important realities that make up the person, according to the PRH approach, and where they are located within the person.
- Grasp more fully how to progress and become who you truly are, in order to live your life better.

#### **WORKSHOP OUTLINE**

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- *Part 1 – The impact of the environment on my growth*
  - The impact of the human environment
  - The impact of the material environment
- *Part 2 – The important realities of my person*
  - The being: essential reality and core of my personality
  - Intellect, freedom, and will: three faculties of the “I” that govern my person
  - The body, the physical reality of my person, and the source of my energy
  - The sensibility: my capacity to vibrate
  - The deep conscience: the reference point for making constructive decisions
- *Part 3 – How to progress?*
  - Progressing on three poles of growth
- *Action plan and final inventory*

#### **APPROACH USED IN THIS WORKSHOP**

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The training takes place in a group. Questions invite you to observe your life on a specific theme and to describe your experience of it. The time of guided analysis is followed by optional sharing, without entering into discussion. In order to deepen participants' personal research, the educator gives input and uses various means (diagrams, commentaries, observations notes, etc.). The variety of experiences shared in the group enriches participants. You are invited to make well thought out decisions corresponding to your actual reality.

#### **CONDITIONS FOR PARTICIPATION**

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This workshop is open to all adults. It is not recommended for deeply perturbed individuals, or for individuals in psychotherapy, unless they receive the approval from their psychotherapist.