



Personal Development is a journey, not a destination. It's time to begin;

Throughout this course you will explore:

- How to become an effective communicator
- How to develop healthy relationships
- Ways to build emotional resilience
- How to build your self esteem
- Ways to develop your assertiveness
- How to bring Mindfulness into your daily life
- How to improve your overall wellbeing



About Us

The training provided by Westmeath Counselling is facilitated by highly trained and experienced Counsellors and Psychotherapists.

Contact Us

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www.westmeathcounsellingservice.ie

PERSONAL DEVELOPMENT TRAINING

Westmeath
Counselling Service
Lemongrove
Gaybrook
Mullingar
Co Westmeath
N91A4C9



PERSONAL DEVELOPMENT TRAINING

Presented by:

Westmeath Counselling Service



This ten week course brings you on a voyage of self -discovery....

This training course takes you on a journey of personal growth and development. It will explore how you see yourself within the world, and in the eyes of others. It will build your self-esteem and challenges you to explore ways of stepping out from what binds you and keeps you stuck in old patterns. *"Personal Development is the Conscious choice to improve one's life, to become a better person and to grow as an individual"*. In taking part you give yourself the opportunity to expand your self-awareness and begin the process of exploring and achieving your full potential. Investing in yourself is the most important investment you will ever make.

Realise your full potential, Achieve real Happiness in your Life...

Personal Development is a way for you to assess your skills and qualities, to set goals and maximise your potential.

"Knowing others is Intelligence, Knowing yourself is true Wisdom, Mastering others is Strength, Mastering yourself is true Power" - Lao Tzu

The Aim of this Course is:

- To develop participants self-confidence and self-esteem
- To learn effective ways to communicate that will enhance all of your relationships
- To improve your overall wellbeing
- To develop participants Emotional Resilience



Course Details:

Course:

Personal Development Training

Duration:

2 hours every Monday evening for 10 weeks (20 hours in total)
7.30pm to 9.30pm. Places Limited

Location:

Annebrook House Hotel, Mullingar, Co Westmeath

Cost: €250

To Apply please fill in an application form. This is available on the Westmeath Counselling website (See Training) www.westmeathcounsellingservice.ie or by contacting our office on:

Telephone: 0879067505

Email:

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