



INTERNATIONAL COLLEGE FOR  
PERSONAL & PROFESSIONAL DEVELOPMENT

ICPPD

## PERSONAL DEVELOPMENT COURSE

10-week programme – 30 hours

This Programme is for participants who are seeking to understand themselves more fully.

At ICPPD we assist and encourage you to enrich your personal development, integrate your thoughts, feelings and action in a safe and creative environment.

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.

You are invited to join our dynamic learning community, learn with teachers who walk their talk, who have a commitment to continue their own personal work so the learning spaces may breathe and flourish with good will and a good heart.

During the programme participants explore:-

- Self esteem issues
- Effective communication and
- Assertiveness training.

The aim of the programme is:-

- To develop self esteem and self confidence
- To learn a way to communicate that enhance relationships and
- To explore ways of behaving respectfully towards oneself and others.

<b>Venue</b>	<b>Galway-Mayo Institute of Technology, Co Galway.</b>
<b>Dates</b>	Commencing 27th September, on Tuesday evenings, 7pm - 10pm
<b>Venue</b>	<b>ICPPD, Garden Vale, Athlone, Co. Westmeath.</b>
<b>Dates</b>	Commencing 28th September, on Wednesday evenings, 7pm - 10pm
<b>Fee</b>	€450 (To secure a place please forward a deposit of €50 to ICPPD College)
<b>Duration</b>	30 hours
<b>Certification</b>	An ICPPD College Certificate will be issued to participants.