

Personal Development (New Course in first Semester only)

Personal Development' [new] to be available in the first Semester to enable participants who attended The Core of You last semester to undertake the next 'stage' of development.

Our main objective is to understand, from a psychological perspective, the complexity of our 'thinking patterns' and our potential to develop further as our understanding grows. This involves: projection, introjection, mental balancing, ego development, conflict, communication, stress and distress.

Particular interests of participants will be encouraged for group discussion.

Prior knowledge of personality through temperament and psychological type 'lenses' is assumed.

As there are no lectures group size will be limited to nine members.

Participants will need to contribute to the cost of handouts, reference materials and working documents. This cost is not expected to exceed \$10 per person.