

The Core of You

Available in the second Semester starting 21 July 2025

Who am I? Who are You? How are we similar? How are we different? What are the implications of these differences?

We will explore these questions through different 'lenses'. In doing so we will appreciate more, our strengths, and the strengths of those who are close to us. Understanding 'the core of you' and also the 'core' of others is a key to 'quality of life'.

Time permitting, we will also examine stress impacts and our individual growth and development.

No prior knowledge is required. As there are no lectures group size is limited to nine members to facilitate discussion and interaction.

Participants will need to contribute to the cost of handouts, reference and working documents. This cost should not exceed \$10.00 per person.