



## Lifeline Vaal Triangle

Office: 016-4281740 Fax: 0867732350

24/7 Help line: 016-4281640

E-Mail: [iti07318@mweb.co.za](mailto:iti07318@mweb.co.za)

## LIFELINE VAAL TRIANGLE PRESENTS:

### “PERSONAL GROWTH” NOW IS THE TIME!

**GIVE YOURSELF A PERFECT GIFT, FOR YOU AND/OR THE SIGNIFICANT OTHERS IN YOUR LIFE — A COMPLETE ‘MAKE-OVER’ -- REDISCOVER YOURSELF AND EMPOWER YOURSELF.**

This workshop comprises 10 weekly sessions of 3 hours duration; and its approach is experiential with plenary inputs and facilitated, small group exercises and interactions. The content and outcomes are: Interpersonal competence in the building and maintenance of relationships; Intrapersonal awareness as a unique person and seen in: own growth and development; a focus on dimensions of the mental/cognitive, emotions, belief and value systems; and, complete wellness; To become real (congruent) and grow, with a special focus on assertiveness; To manage all the negatives, which impact or prevent growth and functioning; as seen in conflict, anger, traumas, stress, shadows, prejudice, games and manipulations.

- *Dates: 3 Personal Growth Course will start on Monday 31<sup>st</sup> July 2017 and Saturday 5<sup>th</sup> August 2017, a weekly course on a Monday/Saturday morning 09.00 to 12.00 or in the evening on Monday from 18.30 to 21.30; [10 weeks of 3 hour sessions]*
- *The venue is on the corner of Leeukuil and Schreiner streets in Duncanville*
- *Costs per participant for the workshop is R1200-00 (R120-00 per session)*
- *A registration cost of R200-00 is payable as confirmation of attendance. [Nedbank Vdb. Br No. 174837 Acc No. 1748320750] The balance can be paid in parts during the period.*
- *For further detail, George: Cell; 082 786 3651 and [george@lifelinevaal.co.za](mailto:george@lifelinevaal.co.za)*
- *This followed by a ‘Basic Counselling Skills’ [6 sessions] at a cost of R600-00. (Note the Personal Growth is a prerequisite for this)*