



Rida Personal Development Group

THE PATH TO PERSONAL STRENGTH PROGRAM

'The Path to Personal Strength' Program (PPSP) combines the intimacy of one-on-one counselling with the learning outcomes of formal education.

The Path to Personal Strength will help to achieve the following:

- general sense of happiness
- acquire a deep understanding of one's personal needs and how best to satisfy them
- success in one's chosen fields of interest
- better management of emotions and relationships
- a sense of control and self-empowerment
- a renewed sense of honesty, trust and integrity
- a balanced life
- a sense of fun!

How the Program Works

It's a **correspondence program**.

Path to Personal Strength is a correspondence program. The main benefits of correspondence are:

- You can work through the program at your own pace
- It's very time-efficient because there is no travelling involved
- It offers a level of privacy that no group course can offer
- The program is customised for you as an individual
- The program provides one-on-one personal assistance.

Here's what you get

The Path to Personal Strength program consists of:

- Access to your own personal life coach.
- Six printed modules of theory and practical exercises. This is the core manual and it will become a valuable resource which you can refer to year after year.
- A 'journey workbook' which is your own written record of your journey of self-discovery.
- Professional feedback to six written assignments that you complete. This feedback builds to your **Personalised Life Plan**.
- Discovery and reflection questionnaires for your use.
- Strong support from your very own coach.
- A recorded audio tape or CD. This assists you with the practical exercises in the core manual.
- A Path to Personal Strength folder for storing all the components of the program to make them easy to use.
- Access to the online resources of Rida Personal Development Group.
- Eligibility to attend optional seminars.

You receive the various components of the program in hard copy but you can choose to respond by mail or email.

Your are not on your own

As part of the Path to Personal Strength program, you have your very own coach who is a fully registered psychologist.

As the program progresses you develop a strong bond with your coach who will be available for two-way interaction and support all along the way.

Your coach has extensive experience and expertise with helping people in both a counselling and training capacity.

How do I use my coach?

Your coach will

- Act as your guide and answer your questions all along the way.
- Help you if you get 'stuck', both online and/or by telephone.
- Provide feedback to you when you send in assignments.
- Challenge you to extend yourself on your journey of self-discovery.
- Help you create and deliver your Personalised Life Plan.

Sample before you buy!

- You invest in the first module and it comes to you in hard copy via the mail
- You complete the assignment for the first module within 30 days
- You receive a professional, concise report on the shape of your life as it is
- You then decide whether you want to continue – it's completely your choice
- When you choose to continue, you commit to the total program. From there you are billed monthly and you receive the next module each month until you have worked through all six modules.

What the program is not!

Path to Personal Strength is not therapy.

It is not a program that burdens people with additional skills or pointless exercises or meaningless challenges.

It is not a simplistic 'weekender' type of experience that gives you a boost for a few days but does nothing to permanently change old habits.

It is not an endless list of do's and don'ts and confusing instructions.

It is not just theory that simply raises difficult questions and leaves you wondering.

Generous Guarantee

We are so confident about the value of Path to Personal Strength that we are happy to provide a generous refund policy if you believe we are not keeping our end of the bargain or if you are not happy about the program and the benefits it offers. See details of this policy on the attached enrolment form or click on 'enrol' on our home page.

Path to Personal Strength Program Modules

The six modules are full of good ideas. They are based on proven approaches and real life experience. They are low on theory and high on practical exercises.

Each module is user-friendly yet the program contains profound insights about human nature and the world we live in.

Module 1: Where am I?

What you do:

You examine your life as it is now. You get a **complete picture** of yourself in the world and you recognise the starting point for your journey.

What you get:

When you complete Module 1, you receive a **Life Balance Report – Stage 1**, a professional, concise report on the shape of your life as it is. It is an **assessment** of the level of balance in your life and identifies potential areas of change. This useful report is provided free – whether or not you choose to continue with the program.

Module 2: Why am I here?

What you do:

This module will help you **understand and accept** the reasons for your life being like it is.

What you get:

Complete Module 2 within 30 days, and you receive absolutely free, your very own **Possibility Life Map** which is a pictorial representation of your life as it is. The Possibility Life Map shows where you are heading in life if you don't make any changes AND opens up the possibility of positive change.

Module 3: Where would I like to be?

What you do:

This will prepare you to make **changes**. It gives you the tools and techniques that you need for change.

What you get:

Complete Module 3 within 30 days, and you receive an **Action Plan** to help you achieve your goals. This comprises detailed steps and guidance to set you on your way towards successful goal achievement.

Module 4: How do I get there?

What you do:

Here you will be shown how to go about making changes that are **specific to your life**.

What you get:

Complete Module 4 within 30 days and you receive a **Lifestyle Solutions List** giving you guidance, referrals, links and information catering specifically to your requirements.

Module 5: Who Am I?

What you do:

Here you look within yourself in order to connect more closely with your inner life. You reflect on your fundamental **values**.

What you get:

Complete Module 5 within 30 days and you receive a **Personal Code Template** written for you by your coach. The information provided helps you develop your personal code for living your life as you wish and helps you to become more aware of what is important to you.

Module 6: Am I getting there?

What you do:

As your life journey beyond the program begins, you are given the opportunity to reassess 'Where am I?' You continue to update your **personal development** on an ongoing basis and you gauge the progress you have made.

What you get:

Complete Module 6 within 30 days and you receive Stage 2 of **your Life Balance Report**. This is straight-talking feedback which measures the changes that have occurred for you throughout the program from Module 1 through to Module 6 and guidance on how you can continue to maintain your own personal development.

Your Personalised Life Plan

Throughout the program we build with you an invaluable **Personal Life Plan** with information collected from your assignments. The Personal Life Plan will help you stay on track by setting achievable goals for the immediate future and beyond. Obviously, it is totally confidential – and you'll be able to use it as a reference point for many years. This is a personalised report about you as an individual with valuable information about you, your life and where you are heading. It will contain many suggestions to help you understand your journey more fully.

Certificate of Completion

When you complete the course, you will receive a Certificate of Completion. It will be your reminder of a rewarding program and the ongoing improvements you have made to your life.

WORKSHOPS AND SEMINARS

In addition to the Path to Personal Strength Program, you may reinforce and expand your learning through attending some specially prepared seminars and workshops.

Delivered by our coaches, each full-day seminar offers a combination of different teaching format including:

- Workshop tasks
- Lecturing
- Practical case studies
- Role-playing

Seminar 1 – Personal Development Essentials

This seminar explores the basic conditions necessary for individuals to embark on their own Path to Personal Strength. It challenges participants to start identifying the ‘clutter’ in their lives and allows them to get back to the basics of health, relationships and security. By understanding our strongest motivations, we are better able to commit to a life that is balanced where personal development becomes a positive and natural experience. This powerful seminar helps you to gain a new and useful perspective of your life as it is now.

Seminar 2 – Healing and Letting Go

So much of our experience is governed by those things we have learned in life. yet sometimes our learning acts against us and keeps us ‘stuck’ in the past. This seminar allows participants to full embrace the possibility of positive change by healing and letting go the wounds and old thinking deeply rooted in their past. This is a moving and profound seminar. Because letting go and healing are intensely personal experiences, the seminar has been specifically designed to respect the privacy of participants.

Seminar 3 – Skills for Successful Living

There are many practical things we can do to progress our own path of personal development. Participants are given practical skills to better self-manage their lives. Self-confidence, communication skills (including gender differences in communication styles) time and stress management and goal setting are just some of the skills offered in this hands on and engaging seminar.

Seminar 4 – Developing My Personal Code

All successful people seem to follow their own purpose in life. This seminar is designed to help you find your own purpose, using your own values and principles. By developing their own ‘rules for being me’, participants are able to clearly identify what it is they really want in life and to set goals to stay on target to fulfill their life’s purpose.

Seminar 5 – Understanding Personality and Behaviour

This is a fun seminar which gives participants insight into their own personality behavioural style. We all are unique personalities. This seminar allows you to measure your own personality and to find out what really 'makes you tick'. This topic is not covered in the Path to Personal Strength Program.

For details of costs and to enrol online, go to our website. For those not on the web, we will contact you with details.

Specialist Program Seminars

Seminars are available to accompany our other specialist programs. We will contact all those who are undertaking a specialist program with details.

Your Say

We are happy to welcome your comments and suggestions about future seminar topics. If you would like us to develop any particular topic into a seminar, just contact us by telephone, on (03) 9499 6517 or e-mail enquiries@ridapersonaldevelopment.com.au.

Contacting Us

For more information or to enrol in Path to Personal Strength, please contact us today:

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