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**HOLISTIC PERSONAL DEVELOPMENT PROGRAMME
MIND - EMOTION - BODY**

Motto: "Know yourself! "

What is the Purpose?

The purpose of this program is to help you, through a customized holistic approach, improve and develop the ROLES you fulfill daily, in relationship with other people, at professional and personal level (manager, entrepreneur, specialist or simple employee, colleague, partner, parent, friend, etc.).

Who should attend this program?

- All those who want to be genuine ***managers, entrepreneurs, leaders or specialists*** in their professional life;
- All those who want to be the ***designers and the managers*** of their own lives;
- All those who want to live in a ***harmonious and creative environment***;

- All those who want to be emotionally, professionally and personally fulfilled;
- All those who already are managers or are interested in developing their career and want to know and develop their own potential;
- All those who want to improve the roles they embody in everyday life;
- All those who undergo a blockage they want to overcome quickly or are bothered by a big stake problem or distress.

What are the benefits?

- ***A better self knowledge*** by identifying the "saboteurs" that are **blocking**, deteriorating and intoxicating your life;
- ***Identifying the "unhealthy" relationships***, loaded with **"toxic" messages**, low self esteem, guilt etc. and clean them up through specific steps, according to the principle **"everything is not expresses is imprinted"**;
- Improving the professional and personal performance;
- Developing the interpersonal communication skills;
- ***Identifying the limiting beliefs*** and replacing it with productive ones.

What are the main objectives?

- Developing and improving the management and leadership skills;
- Identifying the **factors** blocking the healthy and creative relationships with peers;
- Developing **effective interpersonal and communication skills**;
- Mitigating personal and professional conflicts;
- Developing **antistress customized strategies**;
- Applying the systemic approach in the triad **mind - emotion - body** in personal and family framework (the connections with the basic family and the ancestors);
- Identifying **the perfect balance** between personal and professional life (career) and applying it through customized approaches and actions.

How do I work?

I want to propose two types of programs:

- ***Face-to-face Personal Development Holistic Program***;
- ***The Holistic Personal Development Program by phone*** (only after having already had several face-to-face sessions).

The average duration of both programs is **a year (24 sessions)**, two sessions per month of **120** minutes each.

For a deep and long term change I recommend a one year long Holistic Personal Development Program. Of course, we can start either of the two above-mentioned programs with a package of **6 sessions (3 months - 2 sessions per month of 120 minutes each)**.

We shall dedicate the 6 sessions to solving the most pressing problems and/or difficulties and then, together, we'll decide on the continuation of the program.

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