



PERSONAL DEVELOPMENT FOR WOMEN

Sub Header Text

Personal Development is about creating **self-awareness** and strengthening your **communication skills** to have a positive impact on how you **interact with others**. This course is designed to help **build your confidence** and **enhance your potential**, both **personally** and **professionally**.

You only live once, but if you do it right, once is ENOUGH.

Mae West

PERSONAL DEVELOPMENT



WOMEN EMPOWERMENT

TEN BEST PERSONAL DEVELOPMENT LIFE COACHES

RISE WITH DIGNITY

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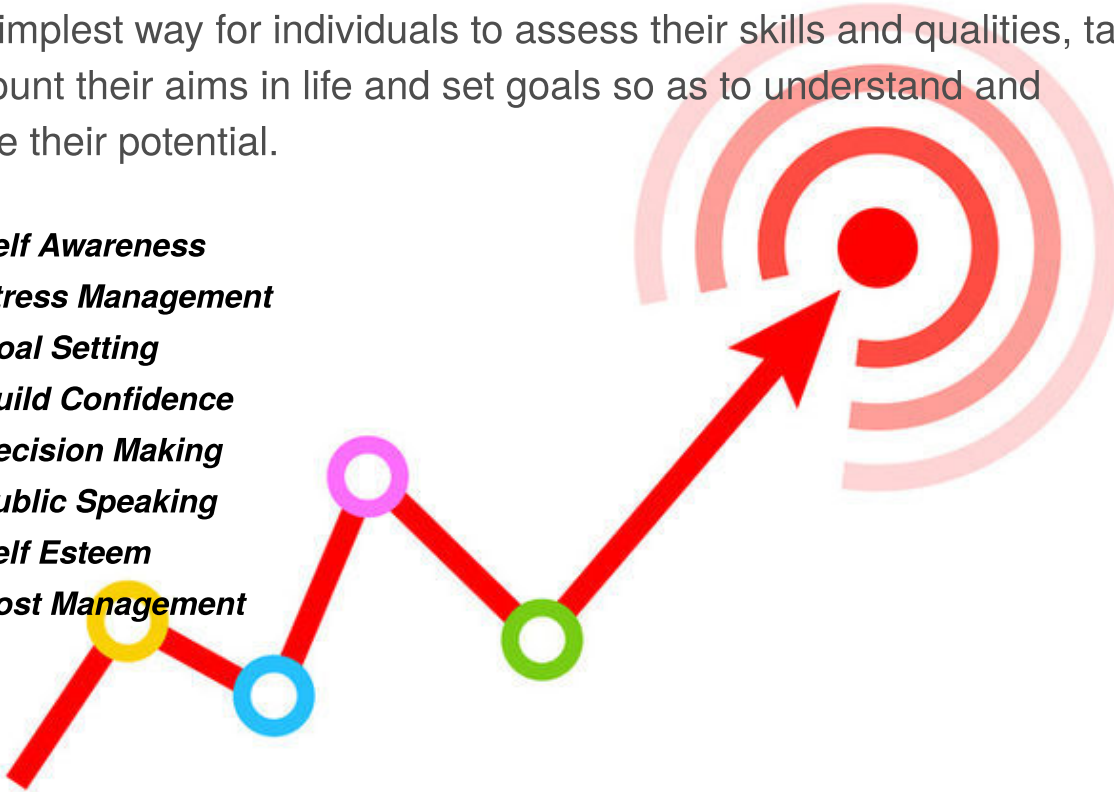
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OBJECTIVES

Change by Learning

It's the simplest way for individuals to assess their skills and qualities, take into account their aims in life and set goals so as to understand and maximize their potential.

- **Self Awareness**
- **Stress Management**
- **Goal Setting**
- **Build Confidence**
- **Decision Making**
- **Public Speaking**
- **Self Esteem**
- **Cost Management**



TRP Team



Build
Confidence



TRP Team