



SZKOŁA TRENERÓW
komunikacji opartej na
EMPATII

Integrated Personal Development Studies

Warsaw

23.03.2017- 28.10.2017.

The Integrated Personal Development Studies program is a self- development project for managers and trainers.

The program has more than 500 graduated students from all over Poland.

Participant program satisfaction levels are over 90%

Training is conducted by trainers recommended by the Polish Psychological Association.

The Program is organized by the School Trainers Sp z o.o. Company.

The company holds the certificate of Standard of Training and Development Service, Polish chamber of Training Companies, quality SUS 2.0. (Copy attached)

Integrated Personal Development Studies is an intensive, proven program for people resolved to take the first step in self development and for those interested in the improved understanding of each other and the discovery of internal resources. Participation in the program enables learning automatic, interpersonal mechanisms in day-to-day relationships and serves as an introduction to the practice of conscious and empathetic communication.

Each of us lives in relation to other people: privately, professionally and socially. We live faster and at the same time we increasingly appreciate our quality of life. Every day we face the various reactions of others: sometimes they annoy us, sometimes they make us happy, sometimes we want to understand them but we can't or we just don't have time. Sometimes they give us a pleasant surprise, sometimes we can't make any contact with them even though they are so important to us and/or we do not know specifically what we want, or what really is most important to us.

During this program you will learn to recognize your own and others' neurological relationship patterns and how you can have better contact with each other and with others. You will learn the different concepts that describe human behavior and you will see what it means in practice and how your own beliefs affect you and your environment. The integrity of the course is based on learning through experience followed by deep personal reflection.

The Integrated Personal Development Studies Program is a self-contained course targeted to people who want to take the next step in their development. It is also the first

stage of the Trainers School of Communication based on Empathy, which prepares students to become professional Trainers of Communication Based on Empathy.

During the course you will learn experientially 6 great practices of development

- interpersonal training
- Nonviolent Communication (NVC)
- Transactional Analysis and Games by Bern
- Integrating the Shadow
- Gestalt and the transformation of beliefs
- and now also Mindfulness and body work

all as a single, integrated development program!

You will also learn how to:

- provide feedback, which builds long-term relationships
- refuse and ask
- apologize and give thanks
- become a natural authority
- and build strength based on trust, empathy and internal resources, not with violence, even in the subtlest form.

You will recognize what in practice empathic communication means, why Marshall Rosenberg claimed that each message can be changed to a request or thanks and why he said, "This is not about being nice, it's about being real"

You will discover

- the wealth of feelings and needs
- the power of awareness and empathy
- the strength of being an integrated personality.

You will feel greater peace and empathy to yourself and to others, strength resulting from the transformation of harmful practices and beliefs into an acceptance and a deeper understanding of life. Additionally, you will feel greater self-acceptance, an often unplanned bonus of the whole process.

Cost: 5500 PLN