

# PERSONAL DEVELOPMENT



---

Enquiries Personal Development:

P: (09) 361 4170

E: [info@actioneducation.co.nz](mailto:info@actioneducation.co.nz)

W: [www.actioneducation.co.nz](http://www.actioneducation.co.nz)

Personal Development with Action Education helps you learn more about yourself, improve communication skills and build better relationships in a fun and supportive group setting.

The ten session programme run by trained facilitators is lively and varied, using experiential activities, games, discussion and a bit of current theory. As well as understanding yourself better you will meet some amazing people and learn more about: working in a team, managing difference and conflict, building self esteem, goal setting and trust.

Personal Development is a stand-alone programme but is also the first step in becoming a volunteer counsellor on the Youthline helpline and you can decide along the way if you want to continue training with Youthline.

Anyone aged 17-70+ can join the programme and no previous experience is needed. Parts of the programme can be emotionally challenging so please talk with us to make sure Personal Development is right for you.

**When:** Programmes begin February, April, July and October each year with eight weekly evening sessions and one full Saturday.

**Where:** Youthline Auckland Central, Manukau, Waitakere and North Shore.

**Cost:** \$80 - \$135 for the programme dependant on income. Talk with us if this is a problem.

**Phone:** (09) 361 4170

