

Personal Development Talks

A series of presentations on:

- **PERSONALITY**
- **WELL-BEING**
- **ASSERTIVENESS**
- **BOUNDARIES**
- **RELATIONSHIPS**
- **BEHAVIOUR**

These sessions aim to help you to increase your awareness, enhance your wisdom, and reach your potential

“Successful and unsuccessful people do not vary greatly in their abilities. They vary greatly in their desires to reach their potential.”

~John C. Maxwell



Facilitator: Dr Ivan Kennedy: Ivan is a psychotherapist and counsellor with a degree in psychology and a doctorate in education

Venue: Teach Bhride, Tullow, Co. Carlow

Each Wednesday Starting 13th March 2019 for 6 weeks

7:00 – 9:00 p.m.

Cost €5 per talk

Book your place by contacting Teach Bhride 059 9152465 or teachbhride@hotmail.com or Ivan at kennedy.ivan@gmail.com

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