"The PRH education programme is, First and foremost, an experience to live, a work on self, rather than simply teachings to receive"

"When we discover ourselves, we discover the life force within, and we become innovators of new ways of living"

ANDRÉ ROCHAIS
FOUNDER OF PRH

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Only members of the Association, licensed by PRH-International, may legally conduct PRH workshops

prh
Personality and Human Relations
TANZANIA



PRH INFORMATION

PARTICIPANTS

Adults, or young adults, motivated to improve the quality of their lives





'A PRH workshop is, above all, an experience to be lived. Each one is the principal author of his/her own growt and development'

André Rochais
Founder of PRH

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WHAT IS PRH?
It is an International School of formation for
young adults and adults.

PRH MISSION
Our mission is to accompany the growth of persons who would enrich the world and make it a more liveable place.

We offer training to individuals, couples and
professional groups, inspired by a positive and dynamic vision of the persons of their growth and their relationships.
The training helps individuals to acquire self knowledge by analysing their lived experience.

PRH VISION
• We believe that within the human being there is a universal dimension that goes beyond all cultures and beliefs.
• Every person is indwelt with a growth dynamism that encourages him/her to actualize his/her potential.
• Every person has a place and role to play in society if he/she is helped to discover his/her potential.
• A person can find meaning in life in spite hardships encountered

PRH VALUES - RESP

PRH Educators and Collaborators live the following values in connection to their clients:
• Respect for the person, for his freedom, autonomy, dignity and uniqueness is a priority for us.
• Effectiveness is manifested in well-adjusted responses to clients' needs in order to free the persons' inner resources and create new perspectives for life.
• Solidarity We live solidarity with our clients using a scale of fees to make our education activities accessible and we are open to every person without distinction of social status. We mobilize our network to contribute to the training of individuals with limited financial means.
• Passion for personal development
Al the educators share this passion. It mobilizes us. It is a condition for social transformation.

PRH EDUCATION IS TRAINING FOR PERSONAL GROWTH AND DEVELOPMENT
It guides a person to discover his/her potentialities that identify him/her. It helps to live in truth with oneself, to develop the capacity to live with others in harmony and to attain a deeper level of happiness.

The programs are offered by PRH Educators and counsellors trained and licenced by PRH International.

PRH INVITES YOU

• To experience your inner self.
• To discover your inner resources and dynamism.
• To discover what prevents you from being fully alive, from taking your rightful place, and from relating harmoniously with others.
• To correct your unhealthy mechanisms and modes of behaving.
• .To live fully the meaning of your life.

PRH PROPOSES

• A series of workshops lasting five consecutive days, or the equivalent spread over weekends or several evenings, given to groups of approximately 12 persons
• A group accompaniment as a follow–up to the workshops
• Counselling
• A guided program for a methodical personal formation.

The PRH approach is gentle. It involves the participants in writing and sharing about their own lived experience. It offers guidelines for personal development, an accessible theoretical framework and practical tools to succeed more in your life and in your commit ments.