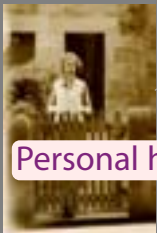


SELF-ASSESSMENT ▼

Personal history ▼



Identity ▼

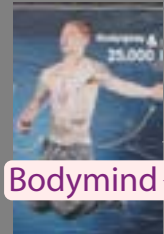


Emotional competence ▼



OTHER WAYS IN ▼

Bodymind ▼



Relating ▼



Intelligences ▼



Beliefs ▼



The mind in action ▼



The making of the mind ▼



Caring for your mind ▼



KNOWHOW ▼

You and yourself ▼



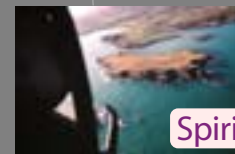
Professional Development ▼



Personal Development ▼



Spiritual Development ▼



EXERCISES ▼

First things first ▼



You and others ▼



You and the planet ▼



Select a theme to open a drop down menu...  
...select an item to go to it