

PCP development

Personal Development

This project is about personal development.

If you decide to register to it, you are expected to follow several workshops about this topic.

The goal is for you to understand that if you hope to improve your skills, you'll need time and effort.

The main workshops of this project are:

- Stress management
- Fight against procrastination
- Time management and organization
- Self esteem and trust
- Level up your motivation

Some other workshops may be added, depending on the availabilities of the trainers.

The workshops are not necessarily directly linked one to another, nevertheless there is a clear progression in this topic throughout the year.