



CONTACT US FOR MORE INFO!

THE **POD PROGRAMME**

PERSONAL ONGOING DEVELOPMENT PROGRAMME

PROGRAMME INFO

4 week Programme
2 x 3 hour Sessions per week

WHAT ITS ABOUT!

This programme is designed to provide a suite of personal development skills which specifically focuses on self assessments, reflection and setting new life goals!

Workshops

Health & Wellbeing

Managing Change & Moving On

Stress Management

Problem Solving & Transferrable Skills

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