



# *Personal Development School*

## *Guidelines for Application of Courses and Workshops*

- Course and workshops may be kinesiology-based using muscle biofeedback or non-kinesiology based.
- Courses and workshops submitted should comply with the self-responsibility and educational model.
  - Definition of self-responsibility and educational model:
    - ◆ The **self-responsibility** model is a non-medical approach to health and well-being that does not diagnose, treat, or prescribe. It is an approach that facilitates and empowers the client to take responsibility for their health and well-being.
    - ◆ The **educational model** aims to provide the participant with tools and methods for self-help, stress management and on-going personal development.
- Provides participant with tools that they can use for themselves.
- Allows the participant to facilitate changes.
- Courses and workshops should be non-discriminatory in terms of ethnicity, gender, personalities, belief systems, background and personal circumstances.
- Courses and workshops should provide participants with tools to handle stresses and give tools for personal development. They should be written in clear, understandable language.
- The class manuals should be of good quality including:
  - table of contents
  - numbered pages
  - bibliography
  - adequate referencing of source materials
  - clarity and visual appearance

*Providing a vehicle for international recognition, spread, support and access for kinesiology based on the Self-responsibility model and educational model in a win-win situation.*