

COURSE BROCHURE

Discover Your Strengths

A premium digital personal development program grounded in psychology.

Designed for adult professionals and curious learners. Original AdriaMont Institute material, adapted from expert teaching, research, and professional practice.

This brochure presents the course as a polished, website-ready program for adult learners who want deeper self-understanding and a practical route toward personal growth.

BEST FOR	Professionals, parents, young adults, and development-oriented adults
CORE PROMISE	Know yourself more clearly and turn insight into a development plan
FORMAT	Digital course, intensive weekend program, or focused seminar
AVAILABILITY	Available for course inquiry

Why this course matters

Many adults invest effort in growth without understanding which strengths, motives, habits, and barriers shape their choices.

This course offers a structured psychological route into self-understanding without reducing people to one label or score.

The program connects personality, motivation, mental strengths, emotions, values, and development barriers to concrete next steps.

What participants receive

Short expert lessons and guided reflection tasks.

Strength map and personal development worksheet.

Optional live seminar format for groups.

A practical growth plan that links insight to routines, decisions, and support.

Course experience

PART	LEARNER EXPERIENCE	OUTPUT
Discover	Clarify personal patterns, values, interests, and strengths.	Personal profile notes
Interpret	Connect patterns to choices, work, relationships, learning, and wellbeing.	Insight map
Develop	Choose specific improvement priorities and routines.	Development plan

Register interest in this digital course or request a group seminar.