

COURSE OUTLINE

Discover Your Strengths

Personal development, psychological self-understanding, and practical growth planning.

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

A ready-made personal development program adapted for digital delivery. It helps adult learners understand personality, motivation, abilities, values, emotional patterns, and personal development barriers without reducing self-knowledge to simplistic labels.

STATUS	Available course
FORMAT	Digital course or intensive weekend seminar
AUDIENCE	Professionals, parents, young adults, and development-oriented adults
SOURCE BASE	Existing AdriaMont course brochure, final deck, video scripts, and evaluation notes
MATERIALS	Course brochure, self-reflection prompts, development map, optional seminar version

Source and privacy note: Existing references to an old physical office, phone details, partner formatting, and local marketing copy have been removed. The public version is digital-first and uses original English copy.

Learning promise

- Understand personal strengths through psychology rather than personality stereotypes.
- Connect self-knowledge to professional choices, relationships, learning, and wellbeing.
- Identify development barriers and convert insight into a practical growth plan.
- Use reflective tools responsibly, without pretending that one test score defines a person.

Core modules

- 01 Self-understanding and individual differences: how people differ and why it matters.
- 02 Personality, values, and motivation: stable tendencies, changeable habits, and decision patterns.
- 03 Cognitive and mental strengths: abilities, creativity, problem solving, and learning potential.
- 04 Emotions, barriers, and resilience: what supports or blocks development.
- 05 Personal development plan: goals, strengths, blind spots, practice routines, and next actions.

Included learning artifacts

- Strength reflection map with guided prompts.
- Personal development barrier worksheet.
- Mini-lesson videos and structured reflection tasks.
- Optional seminar agenda for live online delivery.

Use this course as a strong entry point for learners who want psychology-based personal development with a practical plan.