

psychology-personal-development

Online Training

Psychology & Personal Development

For more information or to purchase any of the **Online Training Modules** below please either [apply online](#) or email grow@rdihongkong.com. Alternatively call Linda de-Lay on **+852 - 2992 0133**

Title

Study Hrs

Level

Suitability

Personal Development

100

7

Degree or up to 3 years relevant work experience

Professional Development

100

7

Degree or up to 3 years relevant work experience

Personal Skills Development

50

7

Degree or up to 3 years relevant work experience

Advanced Professional Development

50

7

Degree or up to 3 years relevant work experience

Career and Self Development

50

5/6

Up to 2 years relevant work experience

[Managing Professional Development](#)

30

4/5

Up to 1 year relevant work experience

[Psychology of relationships](#)

20

4

Up to 1 year relevant work experience

[Self-awareness and personal control](#)

20

4

Up to 1 year relevant work experience

[Psychology of well-being](#)

20

4

Up to 1 year relevant work experience

[Psychology of engagement](#)

20

4

Up to 1 year relevant work experience

[Hope, optimism and resilience](#)

20

4

Up to 1 year relevant work experience

Personal Development

40

4

Up to 1 year relevant work experience

Effective Communication

40

4

Up to 1 year relevant work experience