

# PERSONALITY PERFECTION RESEARCH INSTITUTE



We offer you to become more competent in your life by taking your mindfulness to the next level.

Mindfulness primarily means an understanding of one's resources and an ability to use them in any situation. In every domain of your life, you should have not only realistic goals but also a proven set of tools which allows achieving result while simultaneously moving in several directions

Self-perfection is impossible without a crisis of getting to know yourself. We offer you this crisis. The task of the institute is to lead people from what they already know about themselves and the world to something they have never even thought about. Instead of an actor, try being a director of your own life.



## Concept of three levels of mindfulness

Comprehensive psychological approach and creation of a holistic portrait of a person. It unites all the existing psychological schools and gives an image of a person without extremities and obsession with detail. It allows conducting precise diagnostics at any stage of personal development.

It's used for:

- ameliorating the quality of life in a balanced way
- building interactions between different types of personalities, genders, in society.
- team-building and team-management

The basic terms of the concept: substantive, associative and metaphoric levels of the psyche; the dominant level of the psyche and the modus of mindfulness, substantive, associative and metaphoric types of mindfulness of the psyche levels, development through resonance.



# LEARNING PROCESS



## Course I. Three level of mindfulness. The basics

You will learn how to create a holistic and detailed psychological profile which allows to understand and predict any person's behaviour, motivation and goals.

- A comprehensive view of the human psyche. 81 types of personalities. Interactions between different types, genders, in society. Management of yourself, of people and teams.
- 6 months. An intensive course is possible.
- 20 hours of seminars, 5 hours of independent study, 15 blocs of practice, 10 individual sessions.



## **Course II. Three levels of mindfulness. Development.**

You will learn how to find and fulfil any person's potential in a balanced way without abusing the personality.

- Potential and the limits of perfection. Crisis. Ways and methods of development.

Methods of shaping and instruments of influence.

- 4 months.
- 16 hours of seminars, 4 hours of independent study, 16 blocs of practice, 8 individual sessions.



## Electives

Talent

Hobby

Love

Energy and energy centres

Happiness

Adaptation reserves

Life plot

Service

Stress

Meaning of life

Unwanted thoughts

Internal conflicts

Children upbringing

Worldview and values

Procrastination

Self-esteem

Loneliness

Sexuality

Etc



# SERVICES





## **Team-building**

Evaluation of the goals common for the team. Profiling of the potential team members. Prediction of team interaction. Resolution of conflict and stressful situations. Trust between employees, common motivation, distribution of roles, horizontal connections within the team.

Concept of three levels of mindfulness allows determining the essence of people regardless of their typical behavioural patterns, position and opinion about themselves. The test for determining the level of mindfulness can't be deliberately falsified.



## **Individual consulting**

Help in determining the level of development, potential and ways of its implementation.

Self-development: career, love life, communication, creativity. Relationships: analysis of compatibility, building relationships. Children: career guidance, talent development.





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The author of the concept of three levels of mindfulness

The founder of Personality perfection research institute  
(PPRI, Geneve)



Many people have found this concept beneficial in its practical application to personal development, creation of the corporate culture, team-building, improvement of the social interactions. Among such people are members of royal families and families of the first persons of the states; politicians, members of governments and advisers to heads of state; senior officials of the UN and other international organizations; owners and top executives of international corporations in many areas; scientists, writers, economic and political observers, show business stars, public figures.



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