



Desenvolvimento Pessoal e Liderança

Formação on-line [Inglês]
21 fevereiro e 21 março 2026



com **Rushila REBELLO**

Advogada e Ativista Social
Filha do Coração de Maria

Linked  : Adv. Rushila Rebello

Inscrição gratuita mas necessária



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21 fevereiro e 21 março 2026
IIIº sábado

HORÁRIO:

- 11h - 14h30 [hora PT]
Inc. pausa de 30 min

INSCRIÇÕES:

- formacaodomusnostra@gmail.com
- até 2 de fevereiro 2026
- os Links serão enviados a todos os inscritos

21ST FEBRUARY 2026 | BEGINNING

PT 11 am; ES, HUN, IT, 12 am; IN 16,30 pm;

BR 9 am; TUR 14 pm

ABSTRACT

1. PERSONALITY DEVELOPMENT WORKSHOP: UNLOCK YOUR BEST SELF!

Personality development is a continuous and conscious journey of self-improvement; an intentional effort to refine one's skills, attitudes, behaviours, and mindset to realize true potential and create a fulfilling, positive life. It involves cultivating essential soft skills, strengthening character, and developing the emotional and mental resilience needed to succeed personally and professionally.

This 3-hour interactive workshop is designed to help participants explore the core elements that shape their personality and understand how these traits influence their interactions and growth. Through engaging discussions and practical activities, attendees will gain valuable insights into influential factors of personality, understanding personality types, ways to enhance personality and projecting confidence in every sphere of life.

Join us for this transformative experience and take the first step toward unlocking your best self!

Thanking you, Kind Regards,

Adv. Rushila Rebello