

# City of Plano personal Enrichment Courses



Human Resources is excited to introduce a new series of courses that go beyond one's professional development. The courses can be described as "extended learning" courses, taking a holistic approach towards one's total well-being. The series is titled, "Personal Enrichment."

Each quarter, employees will have an opportunity to explore new interests, discover talents, and increase knowledge through courses focusing on four (4) essential areas:

- **Social well-being.** Having strong relationships in one's life.
- **Financial well-being.** Effectively managing one's economic life.
- **Community well-being.** Having a sense of engagement with the area in which one lives.
- **Arts and Leisure well-being.** Enriching one's aesthetic life.

Personal Enrichment is the art of improving one's quality of life, by engaging in new activities and having new experiences from which to draw.

It is the experience by which a person might be fulfilled and/or witness an increase in a physical, emotional, intellectual and/or spiritual sense. The benefit to the organization is that healthy employees contribute to a healthy work environment.

**Personal Enrichment** courses are offered as an opportunity for employees to explore new interests, discover talents, and increase knowledge that can improve quality of life. These are regular training courses with an emphasis on personal enrichment. Each employee has the opportunity to attend up to 8 hours (4 courses) of Personal Enrichment courses each year. Management encourages employees to participate in courses that interest them.