



Professional Services

We offer a variety of wellness-oriented, holistic, humanistically-based professional services to help you experience more satisfaction and enjoy your life more fully. Life brings its challenges for each of us, and our professionals are here to help you meet those challenges with poise, strength, wisdom and empowerment. We can help you with:

- Relationships
- Careers/Life Work
- Self-Esteem
- Physical Health
- Spiritual Growth
- Communication Skills
- Creativity

A more extensive list of our professional services can be found on the web site, at humanpotentialcenter.org. The most popular service, *Personal Growth Sessions*, is offered by our founder and Executive Director, Robert McGarey, M.A. Over the past 30 years and more, he has been helping clients create the lives they've always dreamed of, and his innovative work has been featured at conferences both nationally and internationally.

If you think you might be interested in working with Bob, feel free to call him at the Center to schedule a free half-hour introductory session to explore how he might be able to help.



An affiliate of



The Human Potential Center
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www.HumanPotentialCenter.org

The Human Potential Center is a 501(c)(3) nonprofit educational organization. Donations to the Center are tax deductible.
Photography by Lauren Slusher.

Our goal is not to treat illness but rather to promote health.

When there's more health, people become more creative, loving and playful and that changes the world in a profound and lasting way.

Sparking the Creativity, Love and Playfulness of the Human Spirit



The Human Potential Center

A wellness-oriented, humanistically-based center in the Heart of South Austin.

A Fitness Center for the Mind & Heart


Founded in Austin in 1986, The Human Potential Center is a 501(c)(3) nonprofit educational organization. As a nonprofit, many of our events are free, so there are plenty of opportunities for everyone to get involved.

Humanistic psychology asks, "What are people like when they are at their very best?" We aim to answer that by living in a way that is as creative, loving, genuine and playful as possible.




Emotionally Healthy Community

Why is Community important?

 Building emotionally-healthy community is one of the most powerful ways to create a healthier, happier and more peaceful world. We all know how the criticism and doubts of others can bring us down emotionally and make it hard to live the kind of life we dream of. Imagine what a huge boost we can get from being around people who are committed to creating the opposite kind of emotional climate, people who are dedicated to being as real, genuine, open, honest, caring and playful as they can.


With this kind of support, we become more free to let our creativity blossom, we are able to love more deeply and wisely, and we find that life becomes less of a burden and filled with more joy and playfulness. Because of those changes within us, we have an increasingly more profound, positive impact on everyone around us and on the world at large.

What is Emotionally-Healthy Community?

 It is the powerful synergy that's created when we support each other by being assertive yet loving, when we communicate our genuine thoughts and feelings in a caring way, when we own up to our own personal issues instead of projecting them onto others, when we respect each others' differences and celebrate our connections, when we live with integrity and "walk our talk."



What does it require?

 Building emotionally-healthy community is hard work. It requires us to accept ourselves as we are while still aspiring for more. It requires that we learn about ourselves and our "buttons." It requires that we learn to communicate better with others and discover how to appreciate our extraordinary diversity. It requires that we find the right balance between taking care of others and taking care of ourselves. It's hard work, and the rewards are life-changing.

You can help build emotionally-healthy community by being an active participant at any of our free or paid workshops and events. To reap even more benefits as part of the community, you can become a member of the Center, which lets you attend members-only events and provides many other additional benefits. Check our web site for more information.

Popular Workshops

How to be Assertive and Loving, Too
Building Sound Self-Esteem

Getting Un-Stuck

Forgiveness: The Moment of Transformation

Sexuality: A Touchy Subject

Our workshops are:

Powerful. Based on the work of Humanistic Psychologists like Abraham Maslow, Carl Rogers and Virginia Satir, our workshops teach the necessary skills for building relationships that work, careers that make you excited to get up on Monday morning, and a life you can feel proud of.

Experiential. Rather than listening to someone lecture for hours, why not try out the ideas for yourself? Having a chance to practice new skills during the workshop makes them easier to apply on an ongoing basis when you get home.

Participatory. When you have a chance to ask questions and discuss your feelings and reactions with others who attend, you contribute things that no one else could and you make the experience richer for yourself and all the other participants.

Wellness-based. Instead of focusing on what's wrong with you by labeling, diagnosing and treating your "neuroses," we think today's problems are yesterday's solutions that no longer work. You took your best guess about what to do back then, and now you've got a chance to do something that works better, by learning new skills and a wiser approach to life.

Fun. Personal growth does not have to be serious, sour-faced drudgery. Playfulness and enjoyment make new ideas stick better in our brains and make the whole workshop a more memorable experience. Joy is an essential ingredient in our potential as human beings; why not have some fun while we learn new ways to be more fully alive?