



7 Week Balance & Self Care Program

Live a

**BALANCED**  
and happy **LIFE**

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SCHOOL OF LIFE - PERSONAL TRANSFORMATION



## YOU SIMPLY NEED SOME BALANCE IN YOUR LIFE.

We live in a society that loves achievement, qualifications, status and success. Many people work themselves extremely hard to get there - ignoring what their bodies and minds are telling them. But what's the point of success, a great career - if you're always stressed, overwhelmed, don't see much of your family and friends (or are grumpy/tired when you do see them)?

Sadly, life balance and self-care are often seen as "soft" requirements - something high achievers don't (or shouldn't) need. We get the message we should just be able to soldier on through illness and stress. We are told that if we take a holiday, go on a city break, have a bubble bath or sleep-in on Sundays - all will be well again.

GET MORE OUT OF LIFE

After all, a successful person should have this under control and too much self-care is a sign of weakness or perhaps selfish or indulgent.

## WHAT WE COVER IN THE PROGRAM

**The wheel of life** - Get a clear overview of your life balance

**Self care quiz** - a thought- starter around some very practical self-care measures

**Comfort zones** - Slow down and do less or speed up and do more

**Energy zappers** - what's draining your energy

**Relationship detox** - Its time to take care of yourself

**Self-care & needs** - Stop the interruptions in its tracks

**The power of "no"** -

**Letting go** - Let go of whatever is draining your energy

MAKE THE REST OF YOUR LIFE THE BEST OF YOUR LIFE

# PROGRAM OVERVIEW

Book your coaching program now, and let me help you move those dreams to reality.

Program duration: 7 X 1 hour coaching sessions

Method: Complete on your own or fast track you result by working with your coach R3050 upfront (Save R800))

Audience: For individuals or teams