



7 Week Self Discovery Program

Re

DISCOVER

YOURSELF

SCHOOL OF LIFE - PERSONAL TRANSFORMATION



RE-DISCOVER THE TRUE YOU

Many people come to coaching with specific goals in mind. But to be truly happy we need to do more than achieve our goals - we need to know who we are - and express that in the world. This is called being authentic.

In addition, to achieve success in life - with the most ease - we need to be congruent. Being congruent is when our actions align with our values and who we are.

After completing this set of self-discovery program, you can use your newfound knowledge about yourself to bring focus, clarity and depth to your actions, habits, brainstorming, decision making, visioning and goal-setting.

Learn to align your life, priorities and actions with who you really are.

DISCOVER THE TRUE YOU

The greatest gift in life is to discover who we truly are and ultimately live within our highest values.

WHAT WE COVER IN THE PROGRAM

The wheel of life - discover that what makes you happiest

Troll Travels - Who am I? Self-Discovery Exercise! - Discover what you value most about ourselves - and what makes them unique!

Identify your Personal Values - what matters most to you in life.

Role Model Confidence Boosting Exercise - appreciate - and be -yourself
Daily Gratitude Diary Template. - change the way we see things - and our experience of life!

Intuition and Dream Symbol Exercise! - Explore your intuition/subconscious processes and learn from them.

Draw Out Your Gremlin Exercise - Getting rid of the critic and - and self-sabotage

MAKE THE REST OF YOUR LIFE THE BEST OF YOUR LIFE

PROGRAM OVERVIEW

Program duration: 7 X 1 hour coaching sessions

Method: Complete on your own or fast track you result by working with your coach

Audience: For individuals or teams

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