

# Emergence Empowered With 'Mens Sana'.



Join me for 13 sessions to build clarity, focus, and resilience.  
Invest in your personal growth and self-development to achieve balance, improved self-management, wellbeing, and positivity.

## Contents

Section 1 Goal Setting – Discovering Your Ikigai

## Modules

- Module 1 Commitment
- Module 2 The Road to Fulfilment
- Module 3 Procrastination
- Module 4 Achieving a Balanced Life
- Module 5 Accepting Your Reality
- Module 6 Conformity
- Module 7 Your Thoughts and Words
- Module 8 Handling Stress
- Module 9 Thinking and Living Creatively
- Module 10 Mind Mastery
- Module 11 Emotional Management
- Module 12 Movement and Exercise

Next programme commences  
**January 2021**

Wednesdays 7-8 pm weekly

**£150 pp for 13 sessions**

**Includes - MENS SANA Workbook  
Plus - 4PositiveGrowth  
Reflection handouts  
Positive Psychology exercises**

Group Coaching Session  
(max 13 per group)

*'I would recommend this program to anyone who wants to grow and improve their life!'*

*'My participation in the Mens Sana program has been one of the highlights for this year!'*

*'The Mens Sana course delivered by Caroline has been exceptional. Every module has given me the opportunity to grow and reflect. It's been the best hour of my week. Her delivery has been inclusive and encouraging and helped me to really Connect with myself'*

**To REGISTER [Click here](#)**

Your coach is

**Caroline @ 4PositiveGrowth**

4POSITIVEGROWTH

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Life In Balance  
CAREERS  
Your Life, Your Business,  
Your Passion.



Mens Sana is a Life In Balance Careers Programme