

Improve your performance and fulfillment in all areas of your life! Raise your own self-awareness, and gain clarity on what's most important to you, including your values, and your strengths. Improve your life balance, and boost your resilience, energy, motivation, and focus. Enjoy a more positive, confident, mindset, better emotional and mind management, and so much more! **This programme includes your own EMPOWERED YOU workbook journal.**

Session 1 – FIND YOUR BALANCE

Why balance is key – Explore your wheel of life – 3 Words



Session 2 – EXPLORE YOUR VALUES & BELIEFS

How values & beliefs shape us
– What is reality? – Accepting reality

Session 3 – DISCOVER YOUR WHY

Finding fulfillment – Purpose – Your values

Session 4 – DEVELOPING RESILIENCE

Why resilience is key – Balanced life – Energize yourself

Session 5 – HARNESS THE POWER OF GOALS

Why set goals? – Great goal setting – 5 Why's

Session 6 – WHAT'S STOPPING YOU?

Fear, in all its forms! – Acceptance – Procrastination

Session 7 – WHAT YOU THINK IS WHAT YOU ARE

The Power of Language – Can't, If only & what If –
Reframing & perspective

Session 8 – OPEN YOUR MIND

Thinking & living creatively – Outside of the box!

Session 9 – REFRAMING STRESS

Good and bad stress – Tools to manage stress

Session 10 – HARNESS THE POWER OF YOUR MIND

The subconscious mind – Beliefs – Visualization

Session 11 – EMOTIONAL INTELLIGENCE

Balanced Emotions – Habits – Self-management

Session 12 – Celebrate & Maintain Success

It's the Journey that matters – Being present – Positive habits

