

PROGRAMME OUTLINE

FOUNDATION

PREP STAGE

Self-Reflection

MODULE 1

Clarity on Vision and Goals

SELF-DISCOVERY

MODULE 2

Negative Thoughts and Drivers

MODULE 3

Disempower your Saboteurs and Ignite your Sage

MODULE 4

Personal Boundaries

MODULE 5

Difficult Conversations

GROWTH

MODULE 6

Fear Challenge, Self-Promotion Review & Reward