

# ONLINE COURSE



**EVERY FRIDAY  
STARTING  
AUGUST 25TH  
08:30 AM - 09:30 AM**

## OUTLINE

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The Coach within You	Week 1-2
Overcoming Failure	Week 3-4
Sustaining Motivation	Week 5-6
Nurturing Relationships	Week 7
Effective Communication	Week 8
Stress Management & Balance	Week 9-10

**REGISTER NOW**

WWW.GAPCOGNITION.COM



# Your 12-week Journey Of Become Your Own Coach



1

Discover the essence of coaching and how to cultivate an environment that nurtures your inner coach. Explore the vital role of self-coaching and gain insights into crafting an atmosphere where you can flourish as your own guide.

2

Delve into the profound impact of failure on self-confidence and the willingness to embrace new challenges. Learn how to not only recover from failure but also release its hold on your journey towards growth and success.

3

Uncover the wellspring of motivation within you and understand how to maintain consistent drive even during life's peaks and troughs. Acquire strategies to stay motivated and focused on your aspirations.

4

Recognize the significance of interpersonal connections on your path to happiness and success. Explore the dynamics of communication and how conflicts can serve as stepping stones for creative problem-solving and personal development.

5

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EMPOWER YOURSELF

# Journey to Self-Coaching Excellence

Unleash your potential, drive, and confidence through our comprehensive self-coaching course. Over the course of 10 weeks, we'll guide you through five enriching modules, equipping you with essential tools and strategies for personal growth and success. Each module spans two weeks, allowing ample time for immersion and practical application. Additionally, the final two weeks are dedicated to group discussions and addressing your questions, ensuring a holistic learning experience.

## WHY CHOOSE OUR SELF-COACHING COURSE?

- Comprehensive 10-week program with five meticulously designed modules.
- Expert guidance from experienced coaches in each topic area.
- Ample time for reflection, practice, and application.
- Engaging in group discussions to foster a sense of community and mutual growth.
- Tailored strategies to empower you on your unique journey to self-coaching excellence.

