



NEW

YOUR 12-WEEK JOURNEY




ONE HOUR A
WEEK ON A
WEDNESDAY AT
1400 OR A
FRIDAY AT 1100



Virtual meeting
google Meet

We're thrilled to announce this self-coaching journey! Your commitment to personal growth and development is inspiring, and we can't wait to embark on this transformative experience together.



In this interactive and empowering course led by Michelle de Villiers, founder of our business and developer of the course, you'll delve into various aspects of personal development. Michelle, an experienced behavioural coach, will passionately guide you on a journey towards success. Here's a glimpse of what you can expect:

🕒 WK 1: 6-9 MARCH

Introduction to Coaching

- Understanding the role of a coach
- Areas of coaching: career, personal, wellness
- Tool: Tracking and Planning for Coaching Success

🕒 WK 2: 13-15 MARCH

Mindfulness

- Exploring mindfulness techniques
- Cultivating creativity as a tool for coaching
- Practice sessions and reflection

🕒 WK 3: 20-22 MARCH

Discipline

- Importance of discipline in personal development
- Setting SMART goals
- Planning for goal achievement



WK 4: 27-28 MARCH

Understanding Mindset (Part 1)

- Fixed vs. Growth mindset
- Identifying limiting beliefs
- Tools for shifting mindset



WK 5: 3-5 APRIL

Deepening Mindset Work

- Exploring self-beliefs and their impact on mindset
- Techniques for reframing negative beliefs
- Practice exercises and group discussions



WK 6: 10-12 APRIL

The Role of Attitude

- Understanding the connection between mindset and attitude
- Techniques for cultivating a positive attitude
- Overcoming obstacles through attitude adjustment



WK 7: 17-19 APRIL

Challenging Assumptions

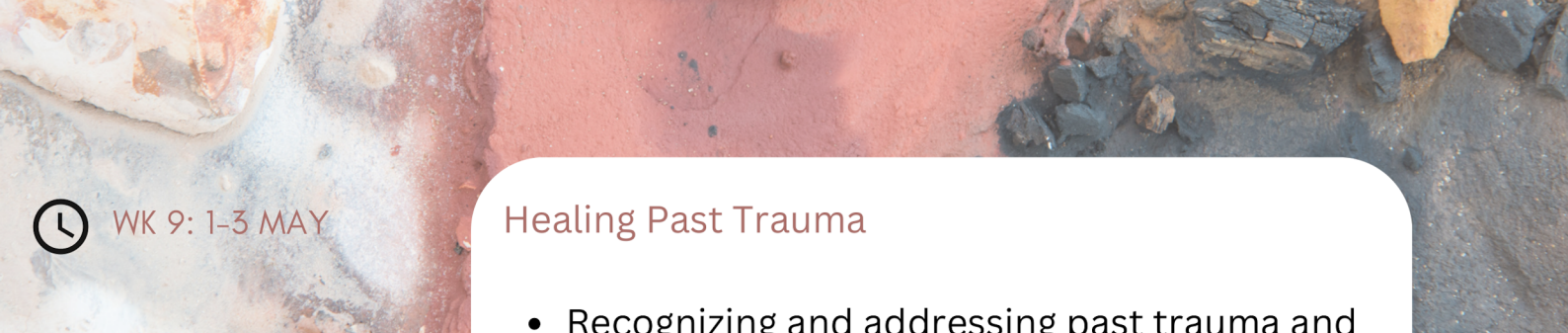
- Identifying and questioning limiting assumptions
- Strategies for challenging and reframing assumptions
- Case studies and group exercises



WK 8: 24-26 APRIL

Emotional Intelligence

- Understanding emotions and their impact on behaviour
- Developing emotional intelligence skills
- Tools for managing emotions in coaching sessions



🕒 WK 9: 1-3 MAY

Healing Past Trauma

- Recognizing and addressing past trauma and baggage
- Techniques for releasing emotional burdens
- Creating a supportive environment for healing

🕒 WK 10: 8-10 MAY

Taking Control of Your Life

- Empowerment through self-awareness and accountability
- Strategies for taking proactive steps towards goals
- Building resilience and adaptability

🕒 WK 11: 15-17 MAY

Integration and Application

- Reviewing key concepts from previous weeks
- Applying coaching tools and techniques in real-life scenarios
- Individual coaching sessions and feedback

🕒 WK 12: 22-24 MAY

Reflection and Next Steps

- Reflecting on personal growth and progress throughout the course
- Setting future goals and action plans
- Resources for continued self-coaching and development