

A close-up, front-facing portrait of a lioness. She has a thick, white beard and mustache, and her eyes are a striking golden-brown color. The background is dark and out of focus.

Personal Development Journey

LIFE COACH ANERENE ROSSOUW

I am so grateful that you will be joining me during this Personal development journey .

Signing up to this course means that you are putting yourself.

It takes a whole lot of courage and commitment to understand who you are.

So Well Done for taking the first step.

So, how does this course work? Well, it's simple..

For each of the sections listen to the video and then complete the worksheet provided. Make sure you have either printed them or have them available on PDF. All worksheets are editable online. Take your time and go back to the episodes you feel you may need to review.

If you feel you need a little extra support drop me an email and ask about relationship coaching.

My email is
anerene@ar-lifecoach.co.za
Happy viewing

[Click here to begin](https://ar-lifecoach.co.za/course-personal-development-online-course-intro/)
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The password to login is
Growth