

Personal development online Journey

Welcome and Well Done

Welcome to the 'Personal development video series. We are so grateful that you will be joining me for this journey

Signing up to this course means that you are putting yourself first.... It takes a whole lot of courage and commitment to understand yourself. So Well Done for taking the first step.

This course can be complete as and when you see fit. My suggest is that you schedule a set day either weekly or every two weeks. Make a silent contract with yourself that states that you commit and promise not to make an excuse that you cannot attend the relevant date. Schedule at least 1 hour for each section.

For each section make sure you have a pen and paper and have the notes handy.

Please answer the following questions before beginning.

What is my intention for completing this course? What do I want to get out of it?

How do I want to feel after I have completed it?

What blockages do I have that may get in the way of me completing the course?
