

## Your classes include:

- A 30 Min Master Your Mind Consultation
- 1 Group Coaching Call each month

**Module 1:** **Welcome Philosophy**

**Module 2:** **Explore the Inner working of Mind**

- 3 personality types: 15-20
- Decision making process

**Module 3:** **Take the Stress Analysis:**

**Module 4:** **S.O.S Solutions of Stress**

- Module 4. 1 Find your stressors
- Module 4.2 Stress busters
- Module 4.3 Stress relief system

**Module 5:** **Unlearning limitations**

- Module 5.1 Absolutes
- Module 5. 2 Generalizations
- Module 5. 3 Beliefs
- Module 5. 4 Self-destructive tendencies

**Module 6:** **4 Faiths**

**Module 7:** **Contentment Method**

**Module 8:** **Ten Tactics**

**Module 9:** **Emotional Honesty**

**Module 10:** **Self-Acceptance**

**Module 11:** **Empowerment circle**

**Module 12:** **Pillars of empowerment**

- Module 12. 1 Intention to think positively about making change in one's life
- Module 12. 2 Vision and hope for future
- Module 12. 3 Being in charge of your-self-empowerment
- Module 12. 4 Self-awareness and transformation
- Module 12. 5 Intellectual growth

