**“Inside Out: Discovering your true self”**

This online course is offered for a limited time, only 4 times yearly.

This course is designed to help you discover your true self and unlock your full potential from the inside out. Through series of interactive modules, you will learn how to cultivate self-awareness, develop emotional intelligence, and build resilience to overcome challenges and achieve your goals. You will explore your core values, beliefs, emotions, and motivations, and develop strategies for strengthening your inner core.

Are you Ready to..

1. Feel a sense of purpose and meaning in your life that aligns with your values and beliefs.
2. Have a clear understanding of your strengths and non-strengths
3. Feel confident and self-assured in your decisions and actions, and trust your intuition.
4. Set healthy boundaries and communicate effectively in your relationships.
5. Have a deep sense of self-awareness and are able to recognize and manage your emotions effectively.
6. Have a positive self-image and accept yourself for who you are, flaws and all.
7. Express your creativity and unique perspectives in a way that feels authentic to you.
8. Have a strong sense of empathy and compassion for others, and you actively seek to help and support those around you.
9. Commit to your personal growth and development, and seek new opportunities to learn and improve.
10. Feel a sense of inner peace and contentment, even in the face of challenges or adversity.

*Your self-development is worth the investment*

**Who the “Inside Out” online course is for:**

* Individuals who want to strengthen their inner core for personal and professional growth
* Executives, entrepreneurs, professionals and individuals who want to enhance their leadership and decision-making abilities
* Anyone who wants to develop greater self-awareness and resilience to navigate life's challenges with greater ease and confidence.

The “Inside Out” course distinguishes itself from other courses because a lot of insight is gained through stories and real life examples, lots of VERY individualized attention, and emphasis is placed on authenticity as a currency and intentionally producing permanent change.

This game-changer course is without fluff of any kind and participants truly begin to gain life-changing insights before the program is completed.

**Course Format:**

* Six structured modules with live sessions, readings, and interactive exercises
* Access to a private 1:1 session for support and accountability
* Bonus resources and tools for self-awareness and ongoing inner core strengthening

Only 5 people per group for a lot of individual attention.

**Course investment:**

* $400 (Per Individual)
* $1,700 (Group of 5)

**Course Benefits:**

* Develop a strong and resilient inner core
* Cultivate self-awareness, resilience, and clarity about your values and purpose
* Learn practical strategies for managing stress and anxiety
* Build a support system to sustain your inner core strength over time

By the end of this course, you will have developed a deeper understanding of yourself, your emotions, and your aspirations, and gain the tools and strategies to create a life of purpose, meaning, and fulfillment from the inside out.