

# PERSONAL GROWTH & MINDSET COURSES

## 1. HOLISTIC PERSONAL GROWTH BLUEPRINT

- Group: **\$53**
- One-on-One: **\$132**

### PROGRAM OVERVIEW

A life-transforming program designed to help you grow spiritually, mentally, emotionally, financially, and socially. This course gives you a clear roadmap for becoming the best version of yourself and living a balanced, purpose-driven life.

### WHAT STUDENTS WILL LEARN

- Understanding holistic growth
- Building emotional and mental resilience
- Personal discipline and self-leadership
- Goal-setting and life management
- Developing a balanced lifestyle

### WHO THIS IS FOR

- Individuals seeking clarity and self-improvement
- Students & young professionals
- Leaders and entrepreneurs
- Anyone desiring intentional personal growth



**DURATION: 4 WEEKS**

**DELIVERY: ONLINE / IN-PERSON**

## 2. MINDSET RESET: BREAKING LIMITING BELIEFS

- Group: **\$40**
- One-on-One: **\$92**

### PROGRAM OVERVIEW

A powerful mindset-shifting program designed to help you identify limiting beliefs, break mental barriers, and reshape your mindset for confidence, success, and impact.

### WHAT STUDENTS WILL LEARN

- Understanding limiting beliefs
- Tools for mental transformation
- Replacing negative patterns
- Building a growth mindset
- Confidence and self-belief mastery

### WHO THIS IS FOR

- Anyone feeling stuck or overwhelmed
- People dealing with self-doubt
- Individuals aiming to reset their mindset

**DURATION: 3 WEEKS**

**DELIVERY: VIRTUAL**



### 3. GOAL SETTING & PRODUCTIVITY MASTERY

- Group: **\$47**
- One-on-One: **\$105**

#### PROGRAM OVERVIEW

A practical and structured program that equips individuals with systems, tools, and strategies for achieving goals consistently and increasing daily productivity.

#### WHAT STUDENTS WILL LEARN

- How to set actionable, achievable goals
- Creating systems for consistency
- Time management techniques
- Productivity tools and frameworks
- Avoiding procrastination

#### WHO THIS IS FOR

- Busy professionals
- Students & entrepreneurs
- Anyone wanting to improve discipline and output



**DURATION: 2 WEEKS**

**DELIVERY: ON-SITE / ONLINE**

## 4. PURPOSE DISCOVERY & LIFE DIRECTION COURSE

- Group: **\$40**
- One-on-One: **\$92**

### PROGRAM OVERVIEW

A deep, introspective program that helps individuals discover their purpose, align with their life calling, and build a clear path toward a meaningful future.

### WHAT STUDENTS WILL LEARN

- Understanding identity & purpose
- Clarifying your life vision
- Unlocking your natural gifts & strengths
- Designing a purpose-driven path
- Making impactful life decisions

### WHO THIS IS FOR

- Youth & young professionals
- People seeking guidance
- Anyone unsure about their next steps

**DURATION: 3 WEEKS**

**DELIVERY: HYBRID**



## 5. THE DISCIPLINE & CONSISTENCY ACCELERATOR

- Group: **\$53**
- One-on-One: **\$132**

### PROGRAM OVERVIEW

A practical course for people who struggle with consistency. Learn how to build discipline, maintain habits, and stay committed to your goals long-term.

### WHAT STUDENTS WILL LEARN

- Discipline frameworks
- Building powerful habits
- Creating routines for long-term success
- Accountability structures
- How to maintain focus

### WHO THIS IS FOR

- Anyone struggling with consistency
- People who start but don't finish
- Students, professionals, entrepreneurs

**DURATION: 3 WEEKS**  
**DELIVERY: ONLINE / IN-PERSON**

