



Finding your Life Purpose: A 4 Week Online Course

I have put together an online course, with the same type of material that a full-day workshop or 6 session coaching programme on "Finding your Life Purpose" would contain.

- It is a [four-week online course](#). Each week beginning on Monday and on the three subsequent Mondays I will email you notes and information on understanding your life purpose. There will also be work for you to do. This work will be exercises as you would do during a workshop or coaching session.
- The work you can do in your [own time anytime during the week](#), and should take between 2 - 3 hours a week to complete.
- During the course of the programme - which means up until one month after the last session has been emailed to you, you can [email your queries, comments, issues, etc., to me, to which I will reply as if in a workshop or coaching session. Feel free to email anything as often as you need to. You can send an unlimited number of emails to me while you are busy with this online course.](#)
- Once a week when I email out the notes, exercises and self-coaching work for the week, I will also [collate the queries, comments and issues](#) that everyone who has ever done the course has sent in, together with responses, and email them to everyone signed up for the course. No names will be mentioned so people can remain anonymous. However you will get the benefit of the questions and comments from others who have done, or are currently doing the course.

You need to register and pay before starting the programme. You can start the programme at any time.

"Hi Penny. This course was immensely useful. I was able to get a glaringly clear picture of my life purpose on my first go at this 4 week program. I will refer everyone I know to you for a similar exercise. Once again, thank you." ~ Vincent

The outline of the 4 week programme is as follows:

Week 1: What is A Life Purpose? Why we don't know what our Life Purpose is? What stops us from understanding our Life Purpose? Fears and Limiting beliefs - and your specific fears that are in the way. Self-exploration of life experiences. Assessments: interests and passions.

Week 2: This session is all about completing assessments and questionnaires. It involves getting you to understand more about yourself: Your values, your preferences, your talents and gifts, your strengths.

Week 3: You start this week with some more summarising of what you have discovered so far about yourself. Then you move onto writing your purpose statement. There is a template to write your purpose statement and examples of purpose statements will also be given to you to have a look at.

Week 4: In this last session you start by recapping on your purpose statement. Then you look at where you currently are in your life and how that is helping you realise your purpose. Then you look at actions and planning to get you from where you are to living your purpose.

Contact: penny.holburn@live.co.za for more information or to book for the course. You can start the course at any time.