



30 Techniques to Transform your Life: A 4 Week Online Course

I have put together an online course, with the same type of material that a 2-day workshop or 10 session coaching programme on Transforming your life would contain. This course teaches you 30 techniques to have greater success, happiness and inner peace in your life. In addition to presenting and explaining each technique, there are exercises for you to do to apply the technique in your life. At the end there is an outline of a plan for you to create for yourself for the next year.

When you do this course you will learn to:

- *Overcome setbacks*
- *Stop being a victim*
- *Attract the circumstances you want*
- *Manage your emotions*
- *Be proactive and take responsibility for your life*
- *Understand some of the ways you self-sabotage yourself*
- *Live more in the present (the now)*
- *Change negative feelings into more positive ones*
- *Take charge of your life*
- *Be empowered*
- *Stop letting fear run your life*
- *Use techniques from peak performance psychology*
- *..... and more*

Almost all the methods can be grouped into the following categories:

- How to achieve your goals
- How to overcome your fears
- How to calm yourself in the storm
- How to change negative emotions to positive ones and just generally how to manage your emotions
- Using techniques such as visualisation, power questions, positive thinking
- How to deal with all manner of disturbing/upsetting people and situations
- How to remain focused
- How to be empowered and create the life you want
- How to attract the circumstances and people you want into your life

You can start the programme at any time. To do this course you only need access to email.

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. 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.](#)

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