



Personal Development Courses 2019

Email Courses

Not everyone has the time or money to afford personal coaching sessions. These Self-Coaching courses are designed for you to learn to coach yourself to master specific skills. All the material is emailed to you and while you are doing the course you can have as much email coaching from me as you want included in the price of the course. Should you require it, a certificate of completion is available at the end of the course. In fact, even if you do have the money for one-on-one personal coaching sessions, you will learn so much from the course material which you get to keep and use for the rest of your life. And you can do these courses in any place at any time at your convenience. You can also take as long as you like to do the courses although most people take between 1 -2 weeks to complete each module working about 2-3 hours a week on the material.

SOME FEEDBACK ON THE COURSES

"These are the best short courses I have ever done. What I loved about them is the materials are easy to read and understand." ~ Jerusha, Financial Manger.

"I so love doing your courses. As usual I have learned so much and enjoyed this." ~ Kelly, IT Manager

"This was so useful, I learned much more than I thought I would about the topic. This course was really valuable." ~ Rachel, Investment Banker

Below is a list of courses and links (with URLs in case the links don't work) to read more about the course and about 10 pages of extracts from the course to help you see if you want to do the course

1. Building your Self-Esteem and Confidence: 8 module course – R400 per person

Read more <https://www.lifecoachingbusiness.co.za/assets/documents/newsletter/selfesteemcourse.pdf>

2. Communication Skills: 4 module course – R400 per person

Read more <https://www.lifecoachingbusiness.co.za/assets/documents/newsletter/Communicationskillscourse.pdf>

3 Time Management: 4 module course – R400 per person

Read more <https://www.lifecoachingbusiness.co.za/assets/documents/newsletter/Timemanagementcourse.pdf>

4. Setting and Achieving your goals: 6 module course – R600 per person

Read more <https://www.lifecoachingbusiness.co.za/assets/documents/newsletter/Goals.pdf>

5. Finding your Life Purpose: 4 module course – R400 per person

Read more <https://www.lifecoachingbusiness.co.za/assets/documents/newsletter/Lifepurposecourse.pdf>

6. Learning to be Assertive: A 4 module course – R400 per person

Read more <https://www.lifecoachingbusiness.co.za/assets/documents/newsletter/Assertivenesscourse.pdf>

7. Personal Financial Management: A 4 module course – R400 per person

Read more <https://www.lifecoachingbusiness.co.za/assets/documents/newsletter/PersFinancialMgmtcourse.pdf>

8. Transform your Life: A 4 module course – R400 per person

Read more https://www.lifecoachingbusiness.co.za/assets/documents/newsletter/Tranformyourlife_1.pdf

9. Get hired for the job you want: A 4 module course – R400 per person

Read more <https://www.lifecoachingbusiness.co.za/assets/documents/newsletter/Getjobcourse.pdf>