

JOURNEY WITHIN COACHING PROGRAM

A soul-awakening journey towards change and enlightenment

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MODULE 3: CHANGE, THE SABOTEUR & THE HIGHER SELF

MODULE 4: CORE VALUES ASSESSMENT, KEY LIFE DECISIONS

MODULE 5: YOUR WHOLE LIFE, YOUR BEST VISION, WHEELS OF LIFE

MODULE 6: EXPLORING YOUR PASSIONS, FINDING YOUR LIFE PURPOSE

MODULE 7: FALSE LIMITING BELIEFS, SELF ESTEEM, & NEW BELIEFS

MODULE 8: HEALTHY BOUNDARIES, CONGRUENT COMMUNICATION

MODULE 9: RAISING SELF-ESTEEM, BECOMING WHO YOU ARE

MODULE 10: TOLERATIONS, CLEARING OLD ENERGY, LIST OF 100

MODULE 11: SPIRITUALITY AND THE WISE, FUTURE SELF

MODULE 12: WRITING YOUR WHOLE LIFE STORY, FROM PAST TO PRESENT



To register, please sign up at <http://www.globalvisionscoaching.com/calendar.html>
or call Nidhi at 416.830.5285

About the facilitator:

Nidhi Gupta is a certified Life Coach, registered Psychotherapist and a Couples and Family Therapist. Her approach to her work is purely holistic, embodying mind, spirit, soul and body. She radiates a fierce love and creative joy when working with her clients, so they gain insight and wisdom in order to manifest real-life change.

