

BOOST YOUR ENERGY – IMPROVE YOUR LIFE

Six Week Online Transformational Course with Susan Gardner

▶ 6x Super Sessions – Allow 1.5 hours

🌸 Week 1 : You Are Where You Are

- What's critical for you to address right now?

🌸 Week 2 : Change and Transformation

- Where is your focus?

🌸 Week 3 : Female and Fabulous Inside Out

- How good are you feeling?

🌸 Week 4 : Potential and Passion

- What happens when you tune into dreams and desires?

🌸 Week 5 : Self-Empowerment and Expansion

- What difference could this have upon your life?

🌸 Week 6 : Super Simple Synchronicity

- Living in the WoW

How It Works

▶ 6x Weekly Group Sessions

🌸 Initial questionnaire

🌸 Email links to easy online access

🌸 Video and podcast audio

🌸 Weekly live 'Q n A'

🌸 Secret Facebook group

🌸 Resources for download

- Simple Introduction Sheet 1x A4
- Weekly Exercise Sheet supporting each session
 - Worksheets
 - Video PowerPoint Slides

Course Facilitator

Susan Gardner – Agent of Change

Coach | Mentor | Trainer

Founder of MetaWellBeing courses and programmes. Passionate about helping women to embrace their potential and perform to a level of magnificence whilst honouring their health and wellbeing.