

*This course is designed for anyone wishing to take charge of their individual development and therefore take charge of their life from thereon.*

## **Holistic Development**

---

### **Course Objectives**

This course will show delegates how to:

- Recognise their development potential when stress is correctly managed
- Recognise the path to personal empowerment and the steps to enable this.

### **Key topics include:**

- The whole “you”.
- Recognising the power within.
- Stress signals.
- Feel the fear and do it anyway.
- Going within.
- Your career – who’s guiding who?
- The little voice.
- A moment’s insight – worth more than a life’s experience.
- For things to change – first you must change.
- The first step.....