



MASTER YOUR LIFE PROGRAM *2019*

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www.corechange.me



SESSION 1: FEB. 21

TIME TO FOCUS: wheel of life & goal-setting

SESSION 2: MAR. 14

BYE BYE PROCRASTINATION!

SESSION 3: APR. 4

BE FULFILLED: identify your life values and needs

SESSION 4: APR. 25

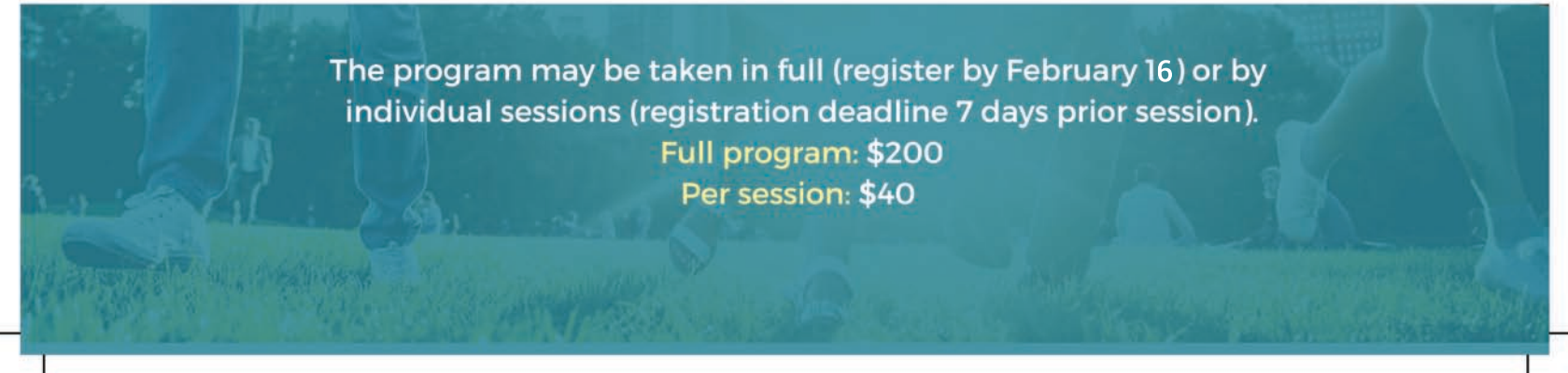
ARE YOU MOTIVATED ENOUGH? A boost of motivation

SESSION 5: MAY 16

BE ASSERTIVE: how to self-talk & improve self-esteem/confidence

SESSION 6: JUNE 06

SMOOTH COMMUNICATOR: easily conduct difficult conversations



The program may be taken in full (register by February 16) or by individual sessions (registration deadline 7 days prior session).

Full program: \$200

Per session: \$40