

Online Personal Improvement Course

What separates those individuals who welcome each day as a gift, living with great joy while achieving astounding levels of success from those who are caught in a trap of constant pressure and dissatisfaction, feeling as if their lives are rushing past with very little to show, relative to the effort they put in? How can we become more fulfilled emotionally, physically, financially, professionally and spiritually, at a deeper level than before?

This course will ensure you have a process and a plan that will empower you to take greater control of the quality of life you experience from today forth.

>> Key Learnings

- Complete a self-audit of current personal development skills
- Understand the life balance wheel and how to achieve greater balance
- Identify your personal belief systems
- Find out how to provide value to others
- Improve personal effectiveness through various problem solving tools
- Identify and overcome barriers in your life
- Maximize your energy levels
- Develop of a One Page Personal Improvement Plan

>> Benefits

- **Fast-track your learning** of Personal Improvement related tools/processes
- Instantly **implement your new learnings** on yourself or your own business
- Work through the course at a **time that bests suits you**
- **Higher retained learning** of new tools/techniques

>> Features

- Online, secure access, 24/7
- High quality streaming videos
- Interactive area for instant implementation of new learnings
- Easy to use
- 80 question, multiple choice final exam
- Instantly returns to where you last saved for quick resuming

Typical time to complete: 12-16 hours
Contact your Mindshop Advisor to register

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