
LIGHT AND BRILLIANCE

A BETTER LIFE JOURNEY

What: The tools to motivate people to align their physical, emotional and spiritual health goals.

Who: Anyone willing to find the drive and seek guidance to shift away from past experiences and conquer the present dynamics of daily living.

Why engage in this type of educational life experience?

- Shift to a learner's life path
- Improve career, home life and reach spiritual maturity
- Map out goals and dreams
- Pin and understand the strongholds and habits
- Augment willpower to brake the barriers
- Increase ability and desire to succeed

Educational conversations towards a better life

- Personal assessment
- Understand God's principles and will
- Willingness to make the change
- Mental attitude and preparation
- The role mood and emotions play
- Identify the icebergs
- Self-control to gain good outcomes
- Navigating life transitions