



Power Up! 6-month Programme

Curriculum

Unit 1: Find your passion

Embark on a journey to discover what truly lights you up with engaging exercises.

Unit 2: Align your passion with purpose

Explore how your passions can serve a greater cause and truly resonate with your inner self.

Unit 3: Set your goals with soulful actions

Learn to set goals and design actions that are not only SMART but also align with your soul's purpose.

Unit 4: Discover your blocks

Identify the mental and emotional blocks that could be hindering your progress towards your goals.

Unit 5: Mind-body synchronicity

Understand the interplay between your mental state and physical wellbeing. Introduction to mindfulness and basic holistic techniques.

Unit 6: Truth and transformation

Delve deeper into understanding your blocks and adopt transformative practices for emotional healing.

Unit 7: Switch your thinking

Learn techniques to change your thought patterns, creating a new, empowering mindset.

Unit 8: Dynamic mindset adaptability

Master the art of adapting your mindset to different situations for sustainable success.



Unit 9: Power up for authenticity

Discover how to play to win, think big, take chances, and authentically promote yourself.

Unit 10: Authentic self-promotion

Fine-tune your ability to put yourself out there, aligning with your true character and values.

Unit 11: Live your true purpose

Realise that you don't have to wait to align with your life's purpose. You can start right here, right now.

Unit 12: Universal laws and applied wisdom

Grasp the power of universal laws and how to engage with them in your daily life.

Unit 13: Maintenance and mindfulness

Equip yourself with strategies and daily practices to maintain your new level of power and purpose.

Bonus unit: Connect to give back

Discover ways to use your newfound wisdom and stability to contribute to the world and keep the cycle of help flowing.

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