

## **STEP BEYOND YOUR BARRIERS** – Coach supported journaling service

- This course is for men and women who are generally or outwardly successful, but who will not realize their full potential because something is holding them back. Some fear, or pain, an issue not closed, a challenge not faced. They know this but somehow they are unable to move, to take that step to the best person they can be, to live the life they could live. And because they know they could be more, they are not at ease.

*You know something is holding you back, but somehow you are unable to move, to take that step to the best person you can be, to live the life you could live. And because you know you could be more, you are not at ease.*

- This course will help you
- figure out where you are stuck,
  - overcome the fear,
  - deal with the pain,
  - close the open or open the closed...

so that you *unleash your full power to design and live the life you really want.*

- 'Coach supported' means a coach will read and comment on your journal., asking questions to help guide your thinking, offering another perspective, helping you see possibilities, etc.....
- You can opt to have other members of the course see your journal (they can also comment), or have only your coach do that.

This is a paid course and the Charges are as follows:

*KSh 2,000/= or US\$ 100*