Annelise
Living a life that matters

Mastering Me

A Personal Journey to Self-Discovery

Manage your Emotions, control your thoughts, get rid of the Imposter Syndrome, destroy Limiting Beliefs... and much more!

In the online course "*Mastering Me: A Personal Journey to Self-Discovery*", you'll embark on a transformative journey as you discover the tools for mental clarity, time mastery, emotional intelligence, and building strong, meaningful relationships.



"*Mastering Me*" is guaranteed to add value to your personal and professional life. This online course is not just about theory—it's about giving you practical tools to take action and soar like an eagle.

Program

- **Session 1 - "From Chaos to Clarity: Mastering Your Thoughts"**

Overcome mental clutter, gain clarity and learn how to control your thoughts.
Learn how to tap into the wisdom of all three of your centres of intelligence: Head, Heart and Gut brains.

- **Session 2 - "Strategies for Efficiency and Balance: Mastering your Time"**

Master yourself to bring balance to your busy life.
Learn why you procrastinate and what's stopping you from taking action.

- **Session 3 - "Understand your Inner World: Mastering your Emotions"**

Understand your emotions and where they come from.
Break free from a history that does not serve you.
Get to know yourself better by uncovering what your dealbreakers are.

- **Session 4 - "Building Bridges: Mastering Relationships and Navigating Conflict"**

Intentionally build healthy, more fulfilling relationships with friends, family and colleagues.
Learn how to confidently navigate internal and external conflict to ensure a more harmonious connection with yourself and the people you surround yourself with.

Dates for 4 live online sessions

Thursday 10 July 2025
Thursday 24 July 2025
Thursday 14 August 2025
Thursday 28 August 2025

Time

The live sessions will be 2 hours each, and there are 2 time slots to choose from:
Morning (10:00 to 12:00) OR Evening (19:00 to 21:00).

You will need to confirm your preferred time (morning or evening) when booking and stick to that for the duration of the course.

Additional resources

- Before each session, you will receive the link to watch a short pre-course video. Watching this video will ensure that your learning journey starts before the session, and will pre-frame you for the topic ahead.
- You will receive an eBook to guide you in preparing for and doing self-reflection after each session.
- You will have access to all the training material for 12 months. Re-watching the videos will help you fully implement what you have learned.

Financial investment

Course fee = R3,990 per person.

Payment plans are available. Contact me for details if you prefer to pay this in 2 or 3 instalments.

Registration

Ready for change? Enrol today and start mastering your life.

Link to register:
https://paystack.com/buy/mastering-me-a-personal-journey-to-self-discovery-3

Enquiries

Please feel free to contact me via email with any questions you may still have. I look forward to being your guide in this transformational journey.

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