

## Radiant Beginnings: Mini Course for Self-Discovery and Transformation

Our Radiant Beginnings mini course serves as an introduction to the transformative work offered in our comprehensive programs. Designed to support individuals in embarking on their journey of self discovery and growth, this course provides foundational tools and practices for personal transformation.

Course content includes:

1. Intention setting: Learning the power of intention-setting and how to create meaningful, actionable personal growth.
2. Mindfulness Fundamentals: Discover the benefits of mindfulness and how to develop a daily practice to enhance your well being and focus.
3. Journaling for Self-Reflection Explore the transformative potential of journaling and practice self reflective writing exercises to gain insights into your thoughts and emotions.
4. Emotional Intelligence: Develop your emotional intelligence through practices that help you recognize, understand, and manage your emotions in healthy ways.
5. Self-care Essentials: Identify your unique self care needs and create a personalized self care plan to nourish and support yourself.