

FORMATION – PERSONAL DEVELOPMENT JOURNEY

Reconnect to Yourself

ABOUT

Have you already felt that the life you are living is not in alignment to who you truly are?

This 4-phase journey is more than a program. It's an invitation to explore within yourself. Step by step, you'll discover who you truly are, your purpose, your values and begin living a life filled with clarity, intention, and joy.

OBJECTIVES

By the end of this journey, you will be able to:

- Better understand yourself and identify your natural talents
- Discover your purpose and core values
- Recharge your life energy (body, mind, relationships, personal branding)
- Create a clear and intentional action plan
- Dare to shine with authenticity and positive impact

CONTENT

Phase 1 – EXPLORE – Better know yourself

- Discover your natural talents
- Explore your purpose (Ikigai)
- Identify your values and vision

Phase 2 – GROW – Recharge your life energy

- Strengthen your body & mind
- Nurture your spirit and relationships
- Define and express your personal brand

Phase 3 – BLOOM – Act with intention

- Visualize your future with clarity
- Define milestones and an action plan
- Take consistent action

Phase 4 – SHINE – Radiate your essence

- Embrace your talents and be visible
- Align thoughts, words, and actions
- Inspire and create a positive impact around you.

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DURÉE
4 Jours

PRIX
Sur Demande

TRAINER

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