

INTERACTIVE PRACTICAL LIFESKILL COURSES

Scriptural & Scientific Congruency

- Foundation for Mental, Physical and Spiritual Stability
- Holistic Health Solutions: Relationships, Health & Finances
- Effective Communication Strategies
- Negotiation & Conflict Management
- Change Management (Personal & Business)
- Marriage, Family & Parenting Skills
- Children's Personal Development
- Financial Makeover Strategies
- Food & Nutrition
- Complimentary Therapy Techniques
 - Music & Dance
 - Touch & Tapping
 - Laughter
 - Meditation & Mindfulness

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