

42hrs

100 | SELF GROWTH

Explore the workings of your inner world

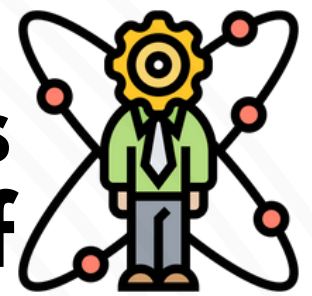
Duration: 12 sessions, 3.5/4h per session



**Fully hands-on, experiential learning
in an intimate small group setting**



**Emotional
Intelligence**



**Awareness
of the Self**

**Connect
deeply with
yourself**

Trust

**Discover
more of
who you
are**

**Work
towards
self-
acceptance**

Acceptance

Anger

Empathy

**Learn
to
identify
your
feelings**

Loss

Conflict

**Make
meaningful
connections
with others**

**Explore
how you
show up in
the world
around
you**

**Interpersonal
Communication**

Listening & Responding



Content
 Carefully curated based on decades of experience in counselling

Fully Live
 All sessions facilitated by dedicated LifeLiners

Group Setting
 Maximum of eight people per group, ideal for deep sharing

Experiential
 Discover by Listening Talking Drawing Writing

100 || Self Growth Schedule || February 2026

SESSION	DAY	DATE	TIMES (AM)	OR	TIMES (PM)
1	Wednesday	11 February 2026	09.00-12.30		18:00-21.30
2 & 3	Saturday	14 February 2026	09.00-16:00		
4	Wednesday	18 February 2026	09.00-12.30		18.00-21.30
5	Wednesday	25 February 2026	09.00-12.30		18.00-21.30
6	Wednesday	04 March 2026	09.00-12.30		18.00-21.30
7	Saturday	07 March 2026	09.00-12.30		
8	Wednesday	11 March 2026	09.00-12.30		18.00-21.30
9	Wednesday	18 March 2026	09.00-12.30		18.00-21.30
10	Wednesday	25 March 2026	09.00-12.30		18.00-21.30
11	Saturday	28 March 2026	09.00-12.30		
12	Tuesday	31 March 2026	09.00-12.30		18.00-21.30

CONTACT US:
 We welcome your enquiries and will try to assist you as far as we can.
 Email: course@lifelinejhb.org.za

LifeLine Johannesburg
 2 The Avenue Corner
 Henrietta Road
 Norwood
 Johannesburg 2192
 011 728 1331

ELIGIBILITY
 Age: Min. 23yrs
 Education: Min. matric

FORMAT
 In-person or Fully online

COST
 R6500 plus R500 Registration

FEE WAIVER: When the full fee is settled on or before the 2nd of January 2026, Registration fee of R500 is waived**

Payment Plan Option:
 R6750 plus R500 Registration



CANCELLATION:
 LifeLine Johannesburg reserves the right to cancel the course due to insufficient numbers up to 2 weeks before the start of the course.

REFUNDS:
 If the course is cancelled by us, all monies paid by you towards the course will be fully refunded.

Once the course starts, NO refund may be issued as you have taken a place someone else could have filled.

Before course starts, refund may be possible only if we are able to fill your place