

42hr

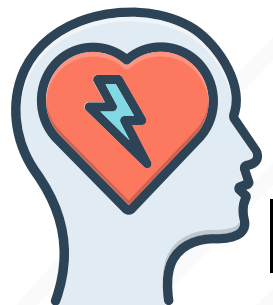
100 | SELF GROWTH

Explore the workings of your inner world

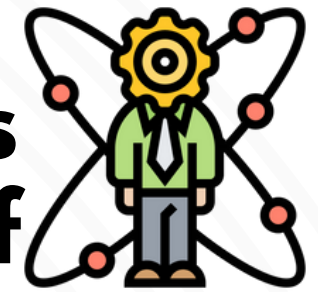
Duration: 12 sessions, 3.5/4h per session



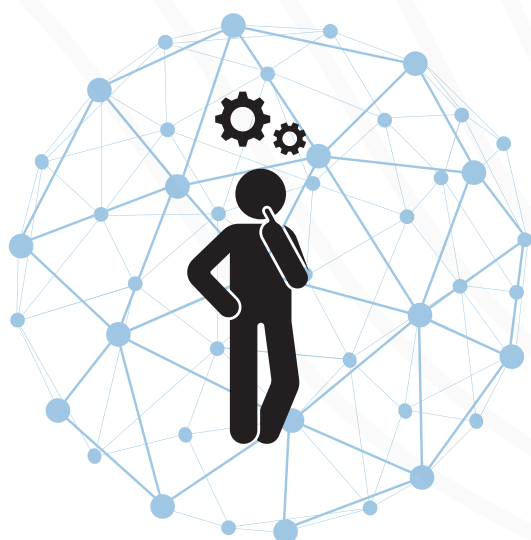
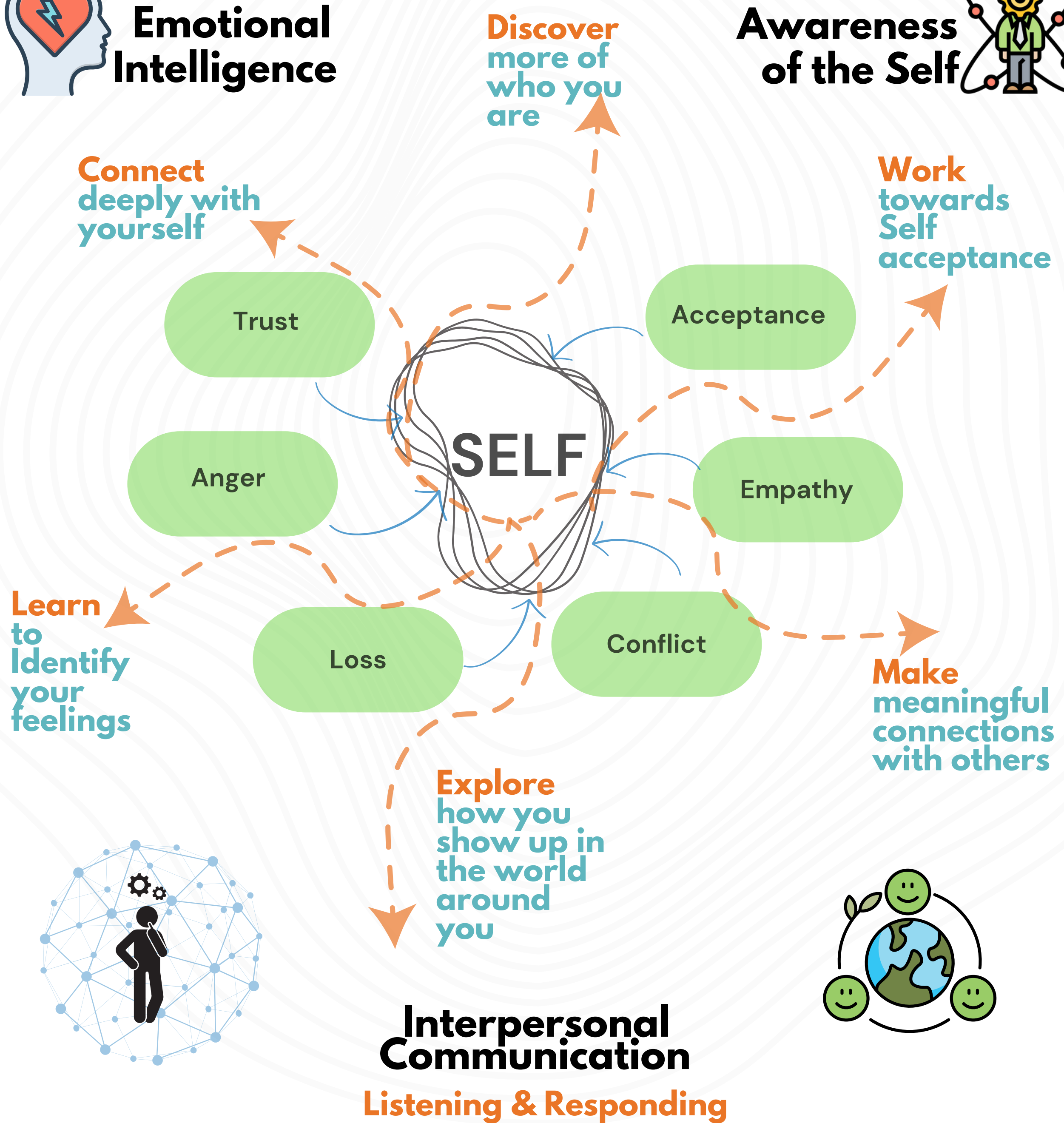
Fully hands-on, experiential learning
in an intimate small group setting



Emotional Intelligence



Awareness of the Self



Content
Carefully curated based on decades of experience in counselling

Fully Live
All sessions facilitated by dedicated LifeLiners

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

Experiential
Discover by Listening Talking Drawing Writing

100 || Self Growth Schedule || February 2025

SESSION	DAY	DATE	TIMES (AM)	OR	TIMES (PM)
1	Wednesday	19 February 2025	09.00-12.30		18:00-21.30
2 & 3	Saturday	22 February 2025	09.00-16:00		
4	Wednesday	26 February 2025	09.00-12.30		18.00-21.30
5	Wednesday	05 March 2025	09.00-12.30		18.00-21.30
6	Wednesday	12 March 2025	09.00-12.30		18.00-21.30
7	Saturday	15 March 2025	09.00-12.30		
8	Wednesday	19 March 2025	09.00-12.30		18.00-21.30
9	Wednesday	26 March 2025	09.00-12.30		18.00-21.30
10	Saturday	29 March 2025	09.00-12.30		
11	Wednesday	02 April 2025	09.00-12.30		18.00-21.30
12	Wednesday	09 April 2025	09.00-12.30		18.00-21.30

ELIGIBILITY

Age: Min. 23yrs
Education:
Min. matric

FORMAT

In-person
Fully online

COST

R6000
plus R500
registration



CANCELLATION:

LifeLine Johannesburg reserves the right to cancel the course due to insufficient numbers upto 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

CONTACT US:

We welcome your enquiries and will try to assist you as far as we can

Email:

course@lifelinejhb.org.za

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