

Title: We Will Be Ok

You are more powerful than you know

Description: Practical ways to strengthen your mental muscle and help you to cope with the stresses of life.

Duration: 2 hours – 10 minutes

Elements include: Video, audio, slides, PDF lessons

What will you learn:

- To understand what is happening in your life and world right now
- Techniques to improve your mental mindset
- How to manage your mental mindset
- Create mental muscle
- To sustain changes, you are experiencing
- To create mental tenacity and resilience

Presenter:

Rinus le Roux is an edge walker who helps people find their true potential. He holds a number of qualifications from reputable tertiary institutions. He has dedicated his life for the past two and a half decades to self-mastery. He is the author of thirteen books and has worked with thousands of individuals around the globe. With deep insight and practical knowledge and a sense of humor he conveys a powerful and practical message in this program.