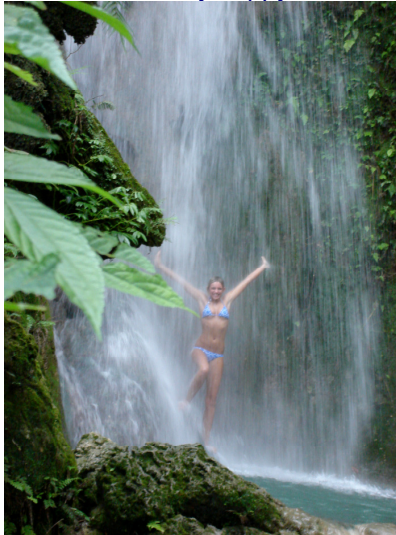


Holistic Happiness
“Living the 7 Living Essentials”

Getting to ‘yes’!

That is the answer we all want to be able to honestly give when asked the questions

“Am I truly happy?”



“Am I the healthiest I can be?”

“Are my relationships the best they can be?”

“Do I feel financially secure and free?”

Getting to “Yes’ is the objective of this course.

It lays the foundations for using the effective ‘Holistic Living’ philosophy and putting this into action to make great changes in your life. This is your starting point.

This course is for anyone who is interested in making their life better and who is ready to invest some time and energy into being truly happy.

Happiness is an emotion, so emotional wellbeing is the core that is dependent on the health of all areas of our life including Relationships, Physical Health, Career satisfaction and Inner Peace.

You will have an opportunity to assess your current life and apply some new ways of thinking, feeling, believing, responding and taking action that can transform the potential of how your life will unfold from today and into YOUR FUTURE.

It is a practical 'hands on' guide to bring about major positive shifts in your life through addressing the whole self - mind, body heart and spirit.

You will:

- ✓ Learn the '7 Living Essentials'
- ✓ Begin to apply them in a practical way that is unique to your own needs and goals
- ✓ Create a pathway for further support and transformation
- ✓ You will receive another 'Holistic Happiness' step upon completion of each session for 6 sessions. Flexible timeframes allow you to adapt your personal growth to your own unique needs.

Yours in success, health and happiness

Alannah Dore