

# Life-Work Discovery individual programme

Would you like to discover your lifework: work that energises because you enjoy doing it?

Are you wondering how you can best contribute?

Would you like more balance in your life, balance between work and play?

Have you been wondering about your purpose?

Have you lost your job and are you not sure what to do now?

Are you looking to change what you do, but you're not sure as to what and how?

Have you been wondering about yourself, like: who am I?; what are my talents?; what do I want?



What I am offering is a Life-Work Discovery 7–14-week individual programme that will help you to discover your work, based on who you are in essence, your natural talents and values, your purpose and what brings you joy.

It is an in-depth exploration of you, your life and your work that will help you answer 3 main questions:

- **Who am I?**
- **What are my talents?**
- **What is my purpose?**

You will receive assignments to do in preparation of up to 8 discovery sessions of up to 2 hours each. By the end of the programme, you will know yourself a whole lot better, have a lot more clarity and you will be ready to take your life's work to the next stage.

We will work with your:

- biography
- natural talents
- skills
- values
- joy
- longing
- and possibly with limiting beliefs



In working with everything that is, Kahuna body work can be very supportive, which is optional and additional.

I will always tailor-make the programme to suit your specific needs.

*Investment*

R7,500 for (South) African residents or €750

*More info*

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