

SELF-HELP LIFE COACHING PROGRAMS

At Zest for Life, we understand the stresses of everyday life and the challenges of managing time effectively. That's why we've curated self-help programs that are flexible and accessible. Designed for use at your own pace, these programs empower you to take control of your well-being on your terms, helping you make lasting, positive changes in your life.

WHAT IS INCLUDED IN SELF-HELP PROGRAMS?

These programs include e-books, resources, checklists, and practical tools.

Available for only R490

THE SELF-HELP PROGRAMS

PEACEFUL CHAOS

Life can be overwhelming, but finding peace within the chaos is possible. With Peaceful Chaos, you'll gently learn how to manage anxiety and regain control of your emotions. This program offers practical tools and techniques to help you navigate stress and embrace inner calm. It's not just about eliminating anxiety—it's about building lasting emotional well-being. Let us guide you toward a more peaceful, fulfilling life, one step at a time.

START WITH CLARITY

Sometimes, life feels confusing, and the path ahead isn't always clear. Start with Clarity helps you gain the focus you need to move forward with purpose. This short program is designed to bring clarity to your life goals and decisions, empowering you to embrace a future full of intention and direction. It's not about rushing through; it's about giving yourself the time and space to discover what truly matters. Take the first step toward a more meaningful life.

UNLOCK YOUR FULL POTENTIAL

We all have dreams and aspirations, but self-doubt can often hold us back. Unlock Your Full Potential is a supportive program designed to help you break free from limiting beliefs and tap into your true abilities. Through thoughtful guidance and practical exercises, you'll learn how to create the life you desire and become the best version of yourself. This journey isn't just about success—it's about personal growth and finding the confidence to reach your highest potential.

FINDING BALANCE

In today's fast-paced world, it's easy to let work take over every aspect of your life. Finding Balance is here to help you regain control and nurture the areas of your life that need attention. This program offers compassionate support and practical strategies to create a healthier balance between work and personal well-being. You deserve a life where both your career and your happiness thrive. Let us guide you toward a more harmonious life, where every moment matters.

TOTAL MENTAL RESILIENCE

Life's challenges can be tough, but with resilience, you can face them with strength and confidence. Total Mental Resilience is designed to help you build the mental toughness needed to overcome obstacles and thrive in all areas of life. Through a series of guided steps, this program provides tools for developing a resilient mindset that will empower you to bounce back from setbacks and move forward with renewed purpose. Together, we'll help you build the resilience you need for a fulfilling and empowered life.

HOW TO ORDER A SELF-HELP PROGRAM

Email lizel@zestforlife.co.za with the program you are interested in!

We look forward to working with you to reach your full potential

