

Freedom Philosophy

Join *Philosophy & Resilience* – A Course to help you:

- Take The Next Step – Unleash Your Real Self
- Get more control of your life – for ever
- Master your mind and break free of unhelpful habits

Starting Soon

Week 1: Communication – Speak Well and Mean It

Week 2: Power Your Attention – With a Stronger Mind

Week 3: Strength & Beauty – Finding Inner Harmony

Week 4: GEM Resilience – The Resilience Project

Week 5: Get a Life! – Getting Our Life Back On Track

Week 6: The Final Analysis – Bringing Resilience To Life

- 70 minutes per week - All guided by tutors and assistants
- Everyone will be treated with respect and as equals
- No tests, no exams, but plenty of practical discussion

When you complete the course, with high attendance, you receive a Certificate.



Please register with your PCO