

# A COURSE & PERSONAL JOURNEY

"To come together in a meaningful way"

## COHERE<sup>TM</sup>

### WHAT IT IS

COHERE<sup>TM</sup> is a comprehensive health education and leadership development course/coaching program.

COHERE<sup>TM</sup> is designed to assist in the development of higher awareness and provide new skills to facilitate personal and professional productivity.

6 month commitment

2 calls per month

gentle work and accountability each month

### COURSE OUTLINE

MODULE 1 | Radical Responsibility & Radical Self-Inquiry

MODULE 2 | Leading from Within

MODULE 3 | Tools for Self-Awareness, Self-Regulation, and Integration

MODULE 4 | Redefining your Purpose & Committing to You

MODULE 5 | Energy & Systems Literacy

MODULE 6 | Towards Personal Peace & Professional Transformation

### INQUIRIES AND REGISTRATION

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