

8 - WEEK PERSONAL DEVELOPMENT COURSE

# A Rich Existence

*Learning the pillars to cultivate a richer existence*

*"Don't wait for life to happen to you — create the life you want."*

Join us as we explore the intersection of philosophy & psychology and what it means to live well across 6 pillars of flourishing.

## THE SIX PILLARS



### FREEDOM

Breaking old patterns



### LIVING

Being your authentic self



### LOVE

Self-compassion & care



### CONNECTION

Relationships & community



### MEANING

Purpose & values



### GROWTH

Identity & future self



## DATES

Every Tuesday evening from 28 July – 15 September 2026 (8 weeks)



## TIME

7:45 pm – 9:00 pm (75 minute sessions)



## LOCATION

Zoom (link sent on registration)

### EARLY BIRD

BEST PRICE

\$349

\*save \$150

### INVESTMENT

### TAWNY

DISCOUNT

\$449

\*save \$50

FULL PRICE

\$499

*\*Early bird rate available for bookings received by 3 July 2026*



### Keen to know more?

Join our free info session.

No commitment required.  
See if this program is right for you.



Thursday 2 July 2026



8:00 pm – 9:00 pm · Free to attend



Via Zoom - Register with QR code



SCAN NOW