



Sahayam – *A One Stop Intervention Centre for Emotional Enrichment*

Sahayam Intervention Centre, in its endeavour to enrich every individual holistically, offers a unique Individualised Coaching Programme, **DISCOVER THE YOU!!!**

This programme is a complete one on one programme wherein the individual has intense sessions with the trainer/ coach who not only enables him / her to identify his/ her strengths and potentials , but also guides him / her to recognise the limitations / weaknesses which may require to be worked on , in order to enhance the innate uniqueness in him / her.

DISCOVER THE YOU !!! is an exhaustive capsule with lots of inputs from concepts of psychology , enabling the participant to relate the concepts to his/ her perceptions/ beliefs/ behaviour . The sessions have a blend of theoretical inputs, discussion , time for introspection and self oriented assignments. Many modules have been adapted from Eric Berne's Transactional Analysis .The sessions also give room to a safe catharsis through energy work and or EFT (Emotion freedom Technique) techniques. The participants have a choice of requesting for an aura report which would provide them with a much more structured guideline towards evolvment.

This programme has two levels spread over two weekends. Participants have the choice of undertaking just level 1 or both levels depending on their inner calling to progress through their inner journey.

Charges :

DISCOVER THE YOU!!! Level 1 and Level 2 – Rs.26,500/- (Rupees Twenty six Thousand Five Hundred Only) excluding the Aura Report. This fee includes the trainer fee, lunch and refreshment for 4 days.

DISCOVER THE YOU !!! Level 1 – Rs.15,000/- (Rupees Fifteen Thousand Only) excluding the Aura Report. This fee includes the trainer fee, lunch and refreshment for 2 days.

