



Radiance Hobart
Counselling & Self-Development

Mastering Emotions

Personal Development Pre-recorded Video Course in Emotional Wisdom

Manage your Emotions before they get out of hand!

*Why are Emotions so hard to handle?
Do you control your feelings - or do they control you?*

Video Course Modules 1 and 2

Each covers important aspects of Emotions

Self-Awareness Self-Management Social Awareness Relationship Management

*Links to Video Presentations
Notes - Activities - Deep Learning*

Cost for all course materials: \$100

For details: www.radiancehobart.com.au

To enrol: www.radiancehobart.com.au

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*Do you ever fly off the handle? Feel hurt and then react?
Feel depressed and downhearted? Frustrated, angry or impatient?*

Then this course is for you!