



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, 2, 3 Total Time: 90-minutes

Each covers important aspects of Emotions

Self-Awareness Self-Management Social Awareness Relationship Management

*Six Video Presentations
Slides - Notes - Activities - Deep Learning*

Cost for all course materials: \$77

For details: www.radiancehobart.com.au

To enrol: <https://radiancehobart.com.au/mastering-emotions-video-course/>

Inquiries: Email: pauline@radiancehobart.com.au

Or Phone: 0409 191 342

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!