

A Comprehensive Module Guide: Unveiling the Transformative Journey with:



"With Heal Your Life® teachers, coaches, and facilitators spanning over 71 countries, the global impact of transforming hearts to change the world is undeniable. Join us on this empowering journey, where every heart touched contributes to the collective change we seek. As a trained and licensed Heal Your Life® member, you possess the incredible opportunity to serve globally under the wings of this transformative mission. Let Louise Hay's legacy inspire you to be a beacon of positive change, one heart at a time!"



Louise Hay

A thoughtfully crafted study framework, distinguished by its commitment to ethical and professional standards, seamlessly interwoven with a human touch, nurturing personal growth.



Education Requirement: Applicants must have completed South African Grade 9 or an equivalent qualification. This educational criterion is established to ensure candidates possess foundational literacy and communication skills, fundamental for active participation in both the learning and earning components of the program. Additionally, fluency in English (speaking, reading, and writing) is essential for active participation in classes and discussions.

Age Requirement: Our training program focuses on individuals aged 25 and older, acknowledging the emotional demands of our work and the established maturity of cognitive functions that usually occur by the mid-20s.

Technological Capability: Sufficient technological resources are crucial for online classes. Applicants must ensure access to a computer, a stable internet connection, and basic proficiency in using online learning platforms. Additionally, the ability to adapt to load-shedding schedules is essential.

Work or Entrepreneur Experience: Previous part-time or full-time work experience, or experience as an entrepreneur, is required, underscoring proficiency in a work environment, an ability to engage effectively with people, and a commitment to professional development.

Personal Development Journey: Applicants must have completed a minimum of 10 hours of personal development within the last 6 months, showcasing dedication to self-improvement and personal growth.



Welcome to the transformative world of
Louise Hay's Self-Healing Lessons.



Prerequisite – Personal Experience Exploration (10 Hours)

After investing ten transformative hours in your personal experience exploration, you're prepared to dive into our **module 2** certificate training. This prerequisite is not just a requirement; it's a foundational journey aligning with our commitment to delivering a transformative educational experience. Understanding that personal development forms the foundation for professional excellence, this exploration sets the stage for a comprehensive and enriching learning experience. By investing time in this prerequisite, individuals lay the groundwork for a more profound understanding of themselves and their potential impact on others.

Course Overview:

In this initial phase, we emphasize the paramount role of self-care as the cornerstone for personal and professional growth. We focus on advocating well-being, fostering a culture of self-compassion, and actively participating in activities that enrich the mind, body, and spirit. **With first hand experience, you will be ready for our module 2 that starts in May 2024.**

Personal Experience Objectives: After completing this exploration, you will:

- Cultivate self-awareness by reflecting on your journey, values, and aspirations.
- Prioritize well-being, making self-care a cornerstone for holistic development.
- Practice self-compassion, exploring its transformative power for resilience and emotional well-being.
- Nourish the mind, body, and spirit through activities promoting clarity, health, and fulfillment.

Methods of Assessment: Your readiness will be assessed through:

- Practical workbook exercises and processes.
- The peer teacher's assessment of emotional readiness.
- Commitment to full participation in sessions and completion of weekly assignments.



[Click here to find out more on our website.](#)

Or

[Click here to complete an online self-reflection form, we will receive, review, and assist you with further information to enrol in this pre-required personal experience.](#)



HEAL YOUR LIFE® TEACHER CERTIFICATE – 120 HOURS

- **Module 1** – Ethical Practices in Emotional Safety → **40 hours**
- **Module 2** – Heal Your Life® Teacher – Foundation 1 → **50 hours**
- **Module 3** – Heal Your Life® Teacher – Foundation 2 → **30 hours**

Training Module 1: Ethical Practices In Emotional Safety – 40 Hours

Module 1 Overview:

Embark on a profound exploration of the foundational principles for mastering emotional awareness in this 40-hour segment. This comprehensive module delves into the intricacies of emotional dynamics, ethical considerations, and the crucial skills for establishing secure and supportive client spaces.

Module 1 Objectives: After completing this module, you will:

- Understand the complexities of emotions, identifying barriers to personal growth.
- Recognize the interplay between thoughts, beliefs, and emotional well-being.
- Hone the skill of conscious listening to facilitate healing conversations.
- Discover the transformative influence of breath awareness on emotional well-being.
- Gain insights into common emotional stress behaviors and their impact.
- Explore the mind-body connection and learn techniques for emotional tension release.
- Recognize the significance of inner child healing in emotional well-being.
- Master notetaking using a specialized emotional safety screening form.
- Familiarize yourself with our digital platform for capturing professional experience.

Methods of Assessment: Your readiness will be assessed through:

- Practical assessments evaluate your application of learned techniques.
- Discussions to gauge comprehension of core concepts and principles.
- Participation in topic discussions and critical thinking practice.
- Attendance and commitment to completion of weekly assignments.

Module 1 Training Dates for 2024

- **Online via Zoom** – Class starts on **Saturday 3 February 2024** – Duration: **8 weeks**.
A weekday class can be arranged – minimum 3 trainees required.
- **In-Person Johannesburg** – Class starts on **27 April 2024** – Duration: **6 consecutive days**.

Training Module 2: Heal Your Life® Teacher – Foundation One – 50 Hours

Module 2 Overview:

This module focuses on the essential need for authentic self-connection and connecting clients with their internal world. We meticulously curate a comprehensive learning experience to empower you with indispensable skills in teaching life skills, tools, and processes. Our approach includes a comprehensive Heal Your Life® manual, textbook, and workbook, facilitating the customization of sessions to suit each client's unique needs for self-growth. This segment is purposefully designed to steer your clients through a transformative journey toward self-discovery and growth. Serving as an essential launchpad, it's a foundational stepping stone for those seeking to effect positive change through personal transformational work. Throughout this training, the central focus remains to cultivate a transformative toolkit, empowering you to guide others on their path to self-discovery and growth expertly.

Module 2 Objectives: After completing this module, you will:

- Learn effective methods to teach practical life skills, empowering clients to navigate challenges and enhance self-awareness.
- Acquire a powerful repertoire of tools and processes to facilitate self-reflection, emotional healing, and positive change.
- Discover techniques for fostering a deeper connection with oneself, guiding clients in exploring their values, passions, and aspirations.
- Master the art of assessing emotional health, identifying barriers, and weaving information for tailoring your approach to meet individual needs.
- Utilize our comprehensive resources to create personalized sessions, adapting materials for specific self-growth needs.

Methods of Assessment: Your readiness will be assessed through:

- Practical assessments evaluate your application of learned techniques through study buddy triads.
- Discussions to gauge comprehension of core concepts and principles.
- Participation in topic discussions and critical thinking practice.
- Attendance and commitment to complete weekly assignments.

Module 2 Training Dates for 2024

- **Online via Zoom** – Class starts on **Saturday 11 May 2024** – Duration: **10 weeks**.
A weekday class can be arranged – minimum 3 trainees required.
- **In-Person** option not required as the training prepares candidates for online global services.

Training Module 3: Heal Your Life® Teacher – Foundation Two – 30 Hours

Module 3 Overview:

While your clients may have dreams and goals for these life areas, they may also face challenges such as procrastination, self-doubt, and unresolved issues from past experiences with people, situations, and events. This module provides the tools and support needed to navigate these challenges, empowering your clients to achieve holistic transformation and unlock their fullest potential before they can set realistic goals. Transitioning from the client's internal world to their external world, this module equips you to guide individuals and groups in relationships, work, success, prosperity, and health. Utilizing the weaving and unpack session protocol from the Foundation One module, this training ensures your readiness to work extensively in each area, fostering practical growth for your clients.

Module 3 Objectives: After completing this module, you will:

- Be prepared to teach to groups and create short online/in-person study course workshops.
- Possess the skills to leverage information from Foundation One to identify root causes of blocks and barriers.
- With the tools and processes in the client's hands, prepare clients for starting their life coach journey and work towards goals.

Methods of Assessment: Your readiness will be assessed through:

- Practical assessments evaluate your teaching skills in practice group sessions.
- Discussions to gauge comprehension of core concepts and principles.
- Participation in topic discussions and critical thinking practice.
- Attendance and commitment to complete weekly assignments.

Module 3 Training Dates for 2024

- **Online via Zoom** – Class starts on **Saturday 14 September 2024** – Duration: **6 weeks**.
A weekday class can be arranged – minimum 3 trainees required.
- **In-Person Johannesburg** – Class starts on **23 September 2024** – Duration: **5 consecutive days**.



**COMPLETION OF MODULES 1-2-3 AWARDS YOU THE
CERTIFICATE OF COMPLETION AS AN
INTERNATIONAL HEAL YOUR LIFE® TEACHER
TOTAL EDUCATION HOURS CREDITED: 120**



HEAL YOUR LIFE® COACH CERTIFICATE – 60 HOURS

Automatic Entry – Heal Your Life Teacher® Foundation One – 50 hours

- **Module 4** – Fundamentals of Life Coaching – 20 hours
- **Module 5** – Heal Your Life® Coach – 40 hours

Module Overview: Training Module 4: Fundamentals Of Life Coaching & Training Module 5: Advanced Life Coaching

In **Module 4**, you'll delve into the essential foundations of life coaching, gaining insights into its distinctions from teaching. Explore the nuances of personality traits, learning styles, and the transformative potential of powerful questioning. Develop the expertise to customize your coaching style to meet your client's diverse needs and personalities.

Module 5 represents the pinnacle of advanced training, embodying self-love in action for personal growth. Heal Your Life® Coaching Strategies seamlessly transition trainees from teaching roles to becoming personal transformation life coaches. Abundant resources—manual, book of questions, two textbooks, and workbook—equip you with an extensive toolkit for impactful life coaching sessions. This module focuses on blending techniques and processes, emphasizing five major areas for a unique and integrative client experience.

Module Objectives: After completing these modules, you will:

- Transition from a teaching role to a personal transformation life coach.
- Utilize a wealth of resources to create impactful life coaching sessions.
- Blend tools, techniques, and processes for inner-directed inquiry.
- Focus on five major areas for a unique and integrative client experience.

Methods of Assessment: Your readiness will be assessed through:

- Practical assessments evaluate your application of tools and techniques within study buddy triads.
- Discussions to gauge comprehension of core concepts and principles.
- Participation in topic discussions and critical thinking practice.
- Attendance and commitment to the completion of weekly assignments.
- Master notetaking using a specialized fundamental coach screening form.
- Familiarize yourself with our digital platform for capturing professional experience.

Module 4 Training Dates for 2024

- **Online via Zoom** – Class starts on **Sunday 19 May 2024** – Duration: **4 weeks**.
A weekday class can be arranged – minimum 3 trainees required.
- **In-Person** – No in-person option.

Module 5 Training Dates for 2024

- **Online via Zoom** – Class starts on **Saturday 20 July 2024** – Duration: **8 weeks**.
A weekday class can be arranged – minimum 3 trainees required.
- **In-Person Johannesburg** – Class starts on **Sunday 4 August 2024** – Duration: **6 consecutive days**.



**COMPLETION OF MODULES 4+5 AWARDS YOU THE
CERTIFICATE OF COMPLETION AS AN
INTERNATIONAL HEAL YOUR LIFE® COACH
TOTAL EDUCATION HOURS CREDITED: 60**



HEAL YOUR LIFE® FACILITATOR CERTIFICATE – 100 HOURS

Automatic Entry – Heal Your Life® Teacher Foundation Two – 30 hours

- **Module 6** – EQ Presentation Skills for Facilitators – 15 hours
- **Module 7** – Love Yourself, Heal Your Life® Workshop Facilitator – 45 hours
- **Module 8** – Loving Yourself, Even More Workshop/Retreat Facilitator – 40 hours

Training Module 6: EQ Presentation Skills for Facilitators → 15 hours

Module 6 Overview:

Ignites a transformative journey at the intersection of Emotional Intelligence (EQ) and impactful presentation skills. This meticulously crafted course empowers facilitators to authentically engage, inspire, and connect with their audience, propelling them toward becoming true experts in their field. Beyond conventional learning, this immersive program delves into the science and psychology underpinning transformational processes, emphasizing ethical practices in navigating emotional healing. By fostering deep insights into human psychology, emotions, and ethical challenges, it ensures the holistic well-being of clients, embodying a commitment to personal and professional growth.

Module 6 Objectives: After completing this module, you will:

- Possess a profound understanding of how Emotional Intelligence (EQ) and effective presentation skills synergize, enabling you to elevate audience engagement, inspiration, and authentic connections.
- Transform into a conscious facilitator in your field by refining both emotional intelligence and presentation proficiency, significantly enhancing your professional capabilities.
- Acquire an in-depth knowledge of the psychology behind transformational processes, providing you with a comprehensive toolkit for facilitating impactful personal development.
- Demonstrate a commitment to ethical practices and navigate potential challenges in addressing emotional healing, ensuring the well-being and holistic support of your clients.
- Foster a mindset of continuous personal and professional growth, equipped with insights into human psychology, emotions, and ethical considerations for a comprehensive approach to facilitation and development.

Methods of Assessment: Your readiness will be assessed through:

- Participation in topic discussions and critical thinking practice.
- Practice sessions supervised by the trainer.

Module 7 – Love Yourself, Heal Your Life® Workshop Facilitator → 45 hours

Module 7 Overview:

Unlock the transformative potential inspired by Louise Hay's "You Can Heal Your Life" in our seven-day intensive training. Become a certified Love Yourself, Heal Your Life® Adult Workshop Facilitator, equipped to guide others on their journey of self-discovery and healing. This comprehensive module delves into the psychology behind the workshop/retreat method, providing insights to ensure emotional safety and well-being. As a facilitator, you'll lead impactful events, empowering individuals to love themselves, heal their lives, and embrace their full potential.

Module 7 Objectives: After completing this module, you will:

- Master the skill of creating a safe and nurturing environment for participants in the Love Yourself, Heal Your Life® Adult Workshop. Understand emotional needs and responses at each stage of the workshop/retreat, paving the way for profound personal breakthroughs through attentiveness and compassion.
- Develop stage presence and refine facilitation techniques to engage and captivate your audience. Acquire practical skills to lead meaningful discussions, guide transformative activities, and create an inclusive space for exploration and growth.
- Become proficient in leading emotional processes with confidence and effectiveness. Explore powerful techniques that enable participants to release emotional blockages, heal past wounds, and cultivate inner resilience during the workshop/retreat.
- Expand your toolkit with practical tools and exercises promoting emotional well-being. From self-care practices to mindfulness techniques, gain the ability to support individuals on their path to self-love and personal transformation.
- Delve into the profound connection between the mind and body, unlocking the healing potential of addressing inner child wounds. Discover how intuition can guide your facilitation process, creating profound and lasting shifts for participants.
- Learn how to adapt the Love Yourself, Heal Your Life® workshop format to various time frames and online platforms. Explore innovative ways to reach a wider audience, sharing the gift of transformation with the world through shorter workshops and online events.

Methods of Assessment: Your readiness will be assessed through:

- Participation in topic discussions and critical thinking practice.
- Practice sessions supervised by the trainer.
- Personality and presence development through the training process.

Module 6 Training Dates for 2024

- **In-Person** Johannesburg – Class starts on **Saturday 26 October 2024** – Duration: **2 consecutive days.**

Module 7 Training Dates for 2024

- **In-Person** Johannesburg – Class starts on **Monday 28 October 2024** – Duration: **5 consecutive days.**



**COMPLETION OF MODULES 6+7 AWARDS YOU THE
CERTIFICATE OF COMPLETION AS AN
INTERNATIONAL HEAL YOUR LIFE® WORKSHOP/RETREAT FACILITATOR
TOTAL EDUCATION HOURS CREDITED: 60**

Module 8 – Loving Yourself, Even More Workshop/Retreat Facilitator – 40 hours
This training is optional.

Module 8 Overview:

This module delves deep into the significance of cultivating a profound spiritual connection, emphasizing the transformative potential that lies within spiritual insights and intuition. Upon completion of the Love Yourself, Even More, Retreat Facilitator Training, you'll have the unique ability to seamlessly merge certifications. This fusion empowers you to curate tailored workshops and retreats, addressing diverse needs from self-love and relationships to abundance and spiritual growth. Incorporating teachings from Louise Hay, this comprehensive training equips you to create transformative experiences that resonate with your participants' unique aspirations and requirements. Join us as we dive into the depths of spiritual connection, intuition, and inner wisdom to unlock your true potential and guide others toward their spiritual growth and fulfillment.

Module 8 Objectives: Upon completion of this module, you will:

- Engage in the teachings of Louise Hay that encourage the exploration and nurturing of your innate inner wisdom, serving as a guiding force in your life's journey.
- Immerse yourself in spiritual practices highlighted by Louise Hay, including meditation, prayer, affirmations, visualization, and gratitude, fostering a sacred space within yourself.
- Learn to trust in the higher power or universal intelligence as advocated by Louise Hay, fostering a sense of peace and flow by surrendering control and embracing divine timing.
- Explore the importance of self-reflection and inner work, guided by Louise Hay's insights, to uncover limiting beliefs, release emotional baggage, and pave the way for a deeper spiritual connection.
- Embrace the interconnectedness of humanity and the transformative power of love, learning to practice self-love and compassion as a pathway to spiritual connection.

Methods of Assessment: Your readiness will be assessed through:

- Participation in topic discussions and critical thinking practice.
- Practice sessions supervised by the trainer. Personality and presence development through the training process.

Financial Planning:

As a seasoned training provider in South Africa for almost 15 years, we understand the unique financial landscape in our country and aim to provide a range of options that cater to various needs, ensuring that financial considerations do not hinder the pursuit of personal and professional growth.

For applicants who can make upfront payments, providing the added benefit of Early Bird Discounts.

Corporate and Third-Party Sponsorships:

Recognizing the program's positive impact on corporate and business development, can explore sponsorship or subsidy options from third-party organizations. Whether through employer sponsorship, personal connections, or bank loans, this avenue provides an opportunity for financial support while securing a place in the program.

For applicants who seek payment terms, you can apply directly with Heal Your Life® South Africa.

Integrated Learning and Earning Program:

As part of our innovative approach, the school introduces a unique hybrid arrangement for monthly payments, starting from R500 per month upwards, towards administration costs. Following the completion of training, participants seamlessly transition into our Integrated Learning and Earning Program. This exceptional opportunity enables trainees to build their portfolio of evidence through supervised case studies, providing valuable post-training support. Participants not only earn from this experience, but a portion of their earnings also contributes to settling their tuition fees. Moreover, this program offers a platform for trainees to acquire business basics and learn effective strategies to expand their reach, ensuring a comprehensive and empowering post-training journey.

Review your financial position and we will share the cost breakdown at the free study webinar based on whether you choose online, in-person or your own private group, location of training, etc.

As a training provider, we would love to hear about your calling and vision to make a meaningful difference.

We believe a human connection is essential when researching studies that will bring healing to the world. To have someone who has experience in the field to guide you is invaluable. We invite you to start your study research here with us. Take this opportunity to ask those burning questions and engage in meaningful conversations about your vision and calling. Rest assured, there's no obligation to commit to any of our services or training.

The world needs more hearts and hands that are willing to make a meaningful difference in the mental health world. We are looking forward to sharing this quality time with you and learning of your vision.



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