



# SCHOOL OF APPLIED METAPHYSICS TRAINING ROADMAP

Your Path. Your Pace. Your Purpose.

Comprehensive Trainer-Led Skills-Based Training in Emotional Intelligence, Mindfulness, and the Louise Hay, Heal Your Life® Method.



We're humbled to be the official Heal Your Life® training provider in South Africa, licensed by Hay House, and authorised by Louise Hay in 2010.

## THE JOURNEY TO ENROLMENT



### STEP 1 EXPLORE THE PATHWAYS

Website:  
[www.schoolofappliedmetaphysics.com](http://www.schoolofappliedmetaphysics.com)



### STEP 2 REQUEST THE DETAILS

WhatsApp:  
068 763 6181



### STEP 3 CO-CREATE YOUR ROADMAP

Email:  
[training.services.hub@gmail.com](mailto:training.services.hub@gmail.com)



## THE FOUNDATION LEVEL

Focus: Self-Awareness & Internal Resonance

The journey begins with you. Before you can guide others, you must master your own emotional landscape. These foundational courses build the essential inner muscles of observation, presence, and ethical self-awareness.



**1** EMOTIONAL INTELLIGENCE 101  
(20 Hours)  
Format: Online  
(Can be stand-alone)



**2** ETHICAL PRACTICES FOR EQ PRACTITIONERS  
(30 Hours)  
Format: Online



**Total Credit:** Combined with EQ101, this provides a 50-hour baseline credit toward intermediate and advanced certificate training with the School of Applied Metaphysics.



## THE INTERMEDIATE LEVEL

Focus: Shared Growth & Group Facilitation

Translate your personal insights into professional tools. This level empowers you to hold space for others—moving from one-on-one teaching to group facilitation with mindful compassion and professional integrity.



**0** PRE-REQUISITE (FOR HYL TRAINING)  
Heal Your Life® Self-Healing Lessons  
10 Hours  
Format: Online | Fee: R4500



**1** HEAL YOUR LIFE® TEACHER - (100 Hours)  
Format: Online  
Start Date: We begin every year after Easter.



**2** HEAL YOUR LIFE® WORKSHOP FACILITATOR (7-Day In-Person / 50 Hours)  
Format: In Person  
Start Date: Annually between September & October.



**3** EMOTIONAL SUPPORT & SUPPORTIVE COUNSELLING (60 Hours)  
Format: Online  
Prerequisite: Open only to Certified Heal Your Life® Teachers and Facilitators.  
Start Date: TBA



## THE ADVANCED LEVEL

Focus: One-on-One Coaching & Mastery

Our highest level of professional application. Master the art of deep, individual transformation through specialised coaching methods and the clinical discernment required for sustainable, life-ready change.



**1** METAPHYSICAL LIFE COACH TRAINING (60 Hours)  
Format: Online  
Start Date: June – September



**2** HEAL YOUR LIFE® TRANSFORMATIONAL LIFE COACH (80 Hours)  
Format: Blended Learning  
Start Date: January  
  
Choose from The 6.5-Month Online Pathway or the The 8-Day In-Person Immersion.



## CERTIFICATE FEES & INVESTMENT

We believe in transparent, value-based pricing so you can plan your journey with confidence. Your investment is calculated based on the total training hours completed.



- Foundation Level: R200 per hour
- Intermediate Level: R300 per hour
- Advanced Level: R300 per hour



The total cost for each level is capped based on the training hours, so you will never pay more than the set amount.



This is not a per-hour fee but a simple way to gauge the overall cost (Excluding in-person venue/accommodation).

*Simple. Transparent. Value for your growth.*



GROW Yourself



HEAL Your Life



HELP Others



MAKE AN IMPACT

“ When you grow, you glow.  
When you heal, you inspire.  
When you rise, you lift others.”

Self-Awareness • Emotional Intelligence • Mindfulness • Healing • Empowerment • Purpose • Transformation