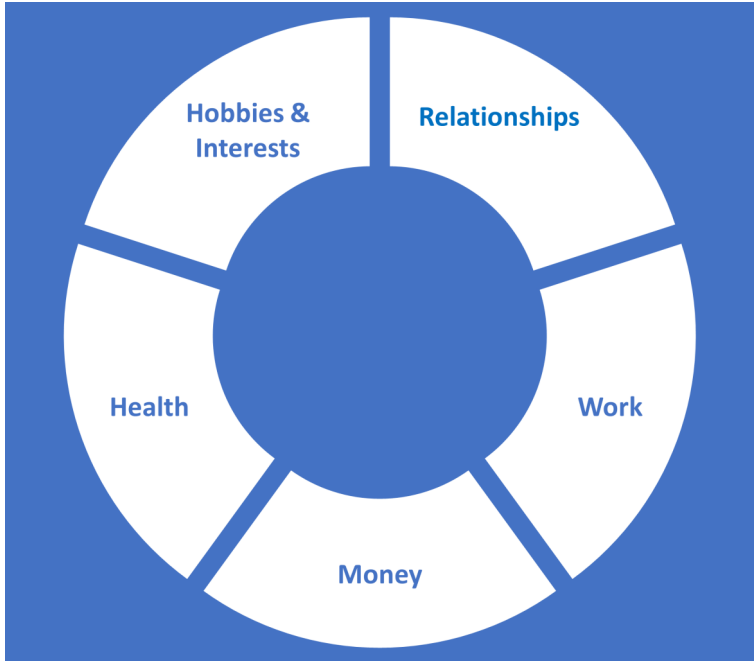




# Time To Change

*Life changing online coaching*



Examine key areas of your life and make lasting improvements using the personal **Change Wheel**

- Relationships
- Work
- Money
- Health
- Hobbies & Interests

Session 1	Strengths and Weaknesses Opportunities and Threats Choosing your Aim
Session 2	Relationships Work Money
Session 3	Health Hobbies & Interests
Session 4	Setting Goals Achieving Goals Moving On

## Personal Workbook

- 14 exercises
- Journal
- Weekly actions
- Next steps

Available from:

<https://improve.qvlearning.net>  
<https://qvlearning.net/shop>