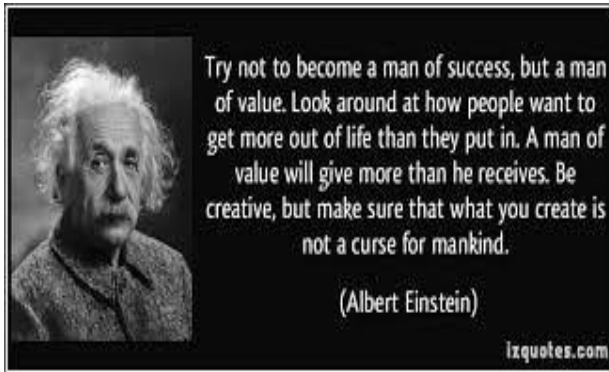


Hannah Jenarine's Training Catalog:

<i>The 7 Keys to Becoming A High Value Person</i>	2
<i>How To Rebuild Yourself After a Toxic Relationship</i>	2
<i>How To Be An Assertive Communicator.....</i>	2
<i>The Path Towards Emotional Intelligence.....</i>	2

The 7 Keys to Becoming A High Valued Person



Course Description

"The 7 Keys to Becoming A High Valued Person" is an interactive and transformative training program designed to empower individuals to unlock their full potential and enhance their personal and professional lives. This course delves into seven essential areas: **Self-Respect, Self-Awareness, Self-Belief, Support System, Self-Commitment, Silencing the Noise, and Service to Others.**

Silencing the Noise, and Service to Others.

Hannah can tailor the program to your needs by incorporating a series of engaging exercises, real-world scenarios, and reflective practices, through which participants will gain practical tools and insights to build a strong foundation of high value in their daily lives.

Objectives

By the end of this training, participants will be able to:

- Understand the difference between respect and kindness, and how self-respect influences how others treat you.
- Learn to recognize and understand their values, beliefs, and boundaries, and how self-awareness helps you make better decisions and avoid being swayed by external influences.
- Explore the importance of self-belief, how to build a positive relationship with yourself, and the role of a strong support system in maintaining self-confidence.
- Recognize the significance of surrounding yourself with supportive and honest individuals who believe in you and help you achieve your goals.
- Understand the importance of ongoing personal development and how investing time in yourself leads to growth and high value.

Who is This Training For?

This training is designed for individuals who aspire to elevate their personal and professional lives by becoming someone of high value.

How to Rebuild Yourself After a Toxic Relationship



Course Description

"How to Rebuild Yourself After a Toxic Relationship" is a healing and empowering training program designed to guide individuals through the process of recovery and self-reconstruction after experiencing a toxic relationship. This course focuses on essential areas such as Self-Awareness, Setting Boundaries, Healing and Self-Care, Rebuilding Self-Worth, and Embracing a Positive Future. Hannah provides a supportive

and empathetic environment where participants engage in reflective practices, healing exercises, and practical strategies to reclaim their power and rebuild a healthy, fulfilling life.

Objectives

By the end of this training, participants will be able to:

- Identify the signs of a toxic relationship and understand its impact on mental, emotional, and physical well-being.
- Develop self-awareness and recognize negative patterns in past relationships to avoid repeating them in the future.
- Learn how to set and maintain healthy boundaries that foster respect and self-worth.
- Implement self-care strategies that promote healing, including emotional processing, physical wellness, and mental resilience.
- Rebuild self-confidence and self-worth through positive affirmations, goal-setting, and embracing new opportunities for growth.

Who is This Training For?

This training is designed for individuals who have experienced toxic relationships and are ready to take the steps needed to rebuild their lives and reclaim their self-worth.

How to Be An Assertive Communicator



Course Description

"How to Be An Assertive Communicator" is a dynamic and practical training program designed to help individuals develop assertiveness in their communication style. This course delves into key areas such as Understanding Assertiveness, Building Confidence, Setting Boundaries, Active

Listening, and Conflict Resolution. Hannah guides participants through engaging exercises and real-world scenarios, providing them with the tools needed to communicate effectively, confidently, and respectfully in both personal and professional settings.

Objectives

By the end of this training, participants will be able to:

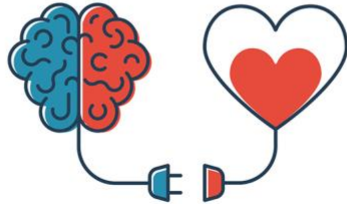
- Understand the difference between assertive, passive, and aggressive communication styles and recognize the value of assertiveness.
- Build confidence in expressing their thoughts, feelings, and needs clearly and respectfully.
- Learn how to set and maintain boundaries in conversations, ensuring mutual respect and understanding.
- Develop active listening skills that enhance communication and foster positive interactions.
- Apply assertive communication techniques to resolve conflicts and manage difficult conversations with poise and clarity.

Who is This Training For?

This training is ideal for individuals looking to enhance their communication skills, build confidence in expressing themselves, and improve their interpersonal relationships.

The Path Towards Emotional Intelligence

Emotional Intelligence



Course Description

"The Path Towards Emotional Intelligence" is an insightful and transformative training program designed to help individuals understand and develop emotional intelligence. This course explores critical areas such as Self-Awareness, Self-Regulation, Social Awareness, Empathy, and Relationship Management. Hannah

leads participants through interactive exercises, reflective activities, and practical applications that equip them with the skills needed to navigate emotions effectively and build stronger, more meaningful relationships.

Objectives

By the end of this training, participants will be able to:

- Understand the core components of emotional intelligence and their importance in personal and professional life.
- Increase self-awareness by recognizing and understanding their own emotions and how they influence behavior.
- Develop self-regulation techniques to manage emotions in a healthy and constructive manner.
- Enhance social awareness and empathy, leading to better understanding and connection with others.
- Apply emotional intelligence skills to improve communication, conflict resolution, and relationship management.

Who is This Training For?

This training is perfect for individuals seeking to enhance their emotional intelligence to improve their interpersonal relationships and achieve greater personal and professional success.