**PERSONAL DEVELOPMENT COACHING & COURSES**

**SECTION ONE: OVERVIEW**

VLN knows that the journey to personal development is multifaceted. It comes with overwhelming challenges including exposure to vulnerabilities, lack of self-awareness, the desire to be a better you, and many other overwhelming demands. Our personal development, coaching and course offerings nurture and harness internal progress. We use Happiness 360 TM and Fearless Listening TM Methodologies to help individuals realize self-worth, strengthen their inner core, and reveal and release the greater you that is often sheltered deep within your full potential.

We offer coaching, courses, and experiences to provoke thought-leadership for personal journeys to Happiness 360.

* **COACHING** – Our coaching helps individuals align with their inner core, connect to their hidden potential, and tap into Happiness 360 to harness personal fulfillment.
* **COURSES** – Each course is purposefully designed to deliver a systematic approach to wholly-nurtured personal development.
* **EXPERIENCES** - Our event, your experience! These customized events include in- person and virtual summits, workshops, retreats, concerts and more, that provide personal experiences to **reveal and release the greater you that lies within.**

**SECTION TWO: COACHING**

Coaching helps you understand purpose and possibilities in your living journey. Our coaches guide individuals to discover, connect and incorporate elements leading to Happiness 360.

Individuals seeking:

* + - TO INCORPORATE FEARLESS LISTENING *CLICK HERE*
		- GREATER MINDFULNESS & MEDITATION *CLICK HERE*
		- COMMITMENT TO PERSONAL DEVELOPMENT *CLICK HERE*
		- GREATER PHYSICAL WELLNESS *CLICK HERE*

**SECTION THREE: COURSES**

Our learning and development experts provide customized and standard courses that incorporate Happiness 360 tools and methodologies to meet specific learning objectives related to personal development. Our courses are customized for:

* + - INDIVIDUALS SEEKING GREAT MINDFULNESS & MEDITATION *CLICK HERE*
		- INDIVIDUALS COMMITTED TO PERSONAL DEVELOPMENT- *CLICK HERE*
		- INDIVIDUALS WANTING GREATER PHYSICAL WELLNESS -*CLICK HERE*