

## **List of E-courses for Membership Site:**

### **EQ:**

Overcoming Overwhelm  
Hope & Optimism  
Confidence & Self esteem  
Break Negative Self Talk  
Managing your Emotions

### **AQ:**

Growth Mindset  
Unbreakable Resilience  
Crush Limiting Beliefs

### **Motivational Tools:**

Motivational Bundle  
Self help video's

Becoming the ME I want to be  
Remote work  
Great Leaders  
Success Brain  
Goals  
Time Management