



Ensuring well-being for life!



Discover the Secret to a more energetic, vibrant YOU!

*Gain powerful insights to totally transform
the way you look & feel!*

So often we are "sold" the idea that wellness can be attained simply by following some diet, or consuming a nutritional supplement. Although these things obviously have an impact on wellness, wellness needs to be activated at a much deeper level and it is our intention in this audio course, to teach you about that deeper level of wellness, first, & then about the more obvious things like, nutrition, daily detox, exercise & relaxation.

*During this 2 hour 45 minute Audio course you'll learn about the
3-step process to increase your Wellness IQ.
This is all about discovering the secret to a more energetic, vibrant YOU!*

Class 1

Gain a clear understanding of the FIRST step in the 3-step process of Increasing your Wellness IQ: Crystal Clear Clarity about your wellness goals.

Class 2

Discover the 2nd Step in Increasing your Wellness IQ: Feeling good emotionally. Gain a good understanding of the link between your thoughts, your emotions, and what you experience.

Class 3

Discover the 3rd Step in Increasing your Wellness IQ: Allowing your Wellness goals to Materialise. Learn how to prevent doubt from sabotaging your goals.

Class 4

The Wellness Puzzle © - gain an understanding of the 5 main areas that make up Wellness namely Nutrition, Detox, Exercise, Relaxation and the Mind. See how all the areas on the Wellness Puzzle are interlinked.



Peter du Toit

Your instructors: Peter is an entrepreneur, inspiring speaker, Law of Attraction Coach/Trainer, teleleader & father. Lisa is a Wellness & Law of Attraction Coach, trainer, teleleader & well known model. Peter & Lisa collectively have more than 10 years experience in the Wellness Industry & have been coaching & mentoring individuals successfully in reaching their goals. Their expertise shines through in this course!



Lisa Breedt

"Health is not a matter of chance. It's a matter of choice. It is something we have been gifted with. If taken for granted, it can be reclaimed and regained if we so wish!"

"Lisa & Peter have excellent speaking abilities. After the programme we felt VERY positive & INSPIRED! Thank you so much for your effort in adding value to people's lives. We commend you!" - John & Geonita

"A refreshingly different approach to the question where motivation finds its origin, the healthy body-mind relationship. Our group enjoyed both presenters tremendously. I give them 5 stars!" - Dieter

Your Investment:

Once your payment has been received we will send you a link to a page where you can download the audios as well as your Workbook.

South African students: R499

International students: \$49 USD

[Booking details here](#)

