

Online Courses Coming Soon!

Jess Stuart: Author, Speaker & Coach

www.inspireyourlife.org



From Life Coach and Author of 'A Rough Guide to a Smooth Life' comes a series of exciting new online courses. Downloadable across the world, complete in your own time at your own pace.

Designed to inspire you to create a life you love, rediscover what matters and build a life around your dreams. With practical techniques and powerful goal setting to help you realise your potential, transform your life and live your dreams

Keep an eye out for introductory discount coupons for use during the early bird period

A regular writer for some of the biggest online wellness magazines with hundreds of thousands of views. Combining personal experience, 15 years working in HR & Senior Management along with training in mindfulness, life coaching and principles for happiness. Having lived, worked and volunteered in many countries with some inspirational people Jess draws her life experience into her work to share the principles of happiness.

Get Happy: The 30 Day Challenge

30 simple, easy daily tips and techniques to make your life happier in just one month.

14th Aug 17

The Art of Mindfulness: Staying sane in a crazy world

Stop worrying and start living! Learn to have a peaceful mind despite a busy life and tap into the power of your mind to improve your mood, focus and health.

31st Aug 17

Ignite your life: Create a life you love

Transform your life and create the life you've dreamed of living. Learn the art of happiness, overcome what holds us back and set goals to make changes to help rediscover what matters and create a life you love.

8th Sept 17

Find your Passion, Live your Dreams

Align with your values and live with meaning and purpose. Learn how to define your passion and then build a life around it. Set goals to achieve your dreams, navigate fear and failure to overcome common pitfalls

8th Oct 17

Resilience: Staying strong when times are tough

Build resilience and master the art of balance in a busy life. Learn how to harness the power of our mind. Overcome fear and failure to build your resilience and stay strong when times get tough.

13th Nov 17

Success; realise your potential

Uncover your brilliance to be a success at work and at life. Define what success means to you, overcome the challenges along the way. Set powerful goals to make your dreams a reality and achieve your potential.

1st Dec 17

New Year, New You

Make this year, your year. Learn the art of a happy life, how to find balance and build a life around your dreams. Realise your potential and create powerful goals to make your dreams a reality.

1st Jan 18

Sign up to the mailing list via the website to find out more and access your discounts