

## *What is The Power of Positivity?*

This course assists you to understand how negativity takes place in society, and within yourself, and teaches you how to change your outlook and attitude, to become a positive person, that enriches your own lifestyle.

## *What is the idea behind this course?*

The idea of the course comes from the word change, and it's how people apply this change in their lives, is how their attitude is. Some people like life as it is, and don't want to change. It is their issue, not anybody else's. They deal with the consequences later in life, when it hits them in the face.

## *How did you change as a person?*

I changed as a person when I was diagnosed with Asperger's Syndrome at the age of 30, and then my life journey started deep within myself. Hence I sought medical help for my problem, and as another product idea,

decided to write this course to assist other people in the same circumstance as myself. This is the 2<sup>nd</sup> part of Kerryn's life journey she undertook for herself. After all the past was dealt with, and out of her system, positivity happened for her, and she changed for life.

## *What course modules are there in The Power of Positivity?*

**Asses It, Deal with It, Turn It, and Maintain It.**

## *Is there more information on these modules?*

Yes there is! In the first module "**Assess It**", you learn about how your own negativity, and how it affects both yourself and society. (people surrounding your circle).

The unit "**Deal with It**, trains the person to dealing effectively with their negativity and provides strategies for continuing that process.

"**Turn It**" in **Week 3**, you learn strategies for turning around 180 deg from being negative to placing yourself on a positive path and continuing to walk on that path, leaving your negativity behind for good.

In the final unit "**Maintain It**", people learn how to maintain their positivity in themselves and learn how their positivity touches both their own lives and society. Society often wonders where these types of people come from and how they became positive in their own lives.

## *Are there other self help life courses offered by KTalk?*

Absolutely! There is The Goal, Aspektism & Workism. You are more than welcome to try these two courses offered by Ktalk to further enhance your lifestyle.

## *How do I get support from these courses?*

Online support will be provided via email, (chat via Yahoo – see contact details via website), and Kerryn is just a phone call away.

*If I did The Power of Positivity course, I would become a happier person?*

Absolutely! The more you learn, the more you will enhance your lifestyle. If you change your negativity and attitude, the greater chance you have of assisting others to become positive too.

*Where to from here?*

Please contact Kerryn for more information, via the brochure details.

Feel free to either phone us or send an email via the Contact Us page on our website.



**CONTACT US:**

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*“Exceed Your Expectations”*

**Check out our website for further information.**

**THE POWER OF POSITIVITY**