

## *What is The Goal?*

The Goal is a self – help course designed to help you find your way in life, and place you on the right path, that you were not able to see before. It is also to help you discover the inner potential knowledge that you gain, to help you make your life positive and strive for success.

This course is the very start of Kerryn's life journey that she did after being diagnosed with Asperger's Syndrome at the age of 30. If you want to find out where Kerryn's life story is, then this is the book that starts you off to learn more about the ways that Kerryn tackled her own issues in life.

## *What started the idea of this course and why?*

While it was an dream back in January 2005, the development/writing of the course wasn't apparent till later, and when completed, the idea of selling it as a product to society took place, and hence (KTalk) was set up as a business and since then, more life courses have been developed.

## *What course modules are there in The Goal?*

**Soul Searching, Comfort Zones, Reconciliation, Down the Hole, Our Issues, Deal With It, and Klear.**

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

Yes there is! In **Soul Searching** you learn more about yourself in-depth (deep down).

**Comfort Zones**, is how you, yourself learn what a comfort zone is and how to step out of it, into the unknown.

**Reconciliation** is learning how to repair friendships/relationships with other people, and to say sorry to those affected by your behavior or hatred towards them.

**Down the Hole** is diving down deep into your soul and finding an outstanding issue that has to be dealt with. The more you leave it, the more it will hit you later on in your lifetime.

**Our Issues** is looking at the issue we have discovered in Week 4 and learn how it has affected both ourselves, family members/friends and even society.

**Deal with It** shows you how to learn to deal with your issue affectively going on a journey down a deep dark tunnel to find the right path to become Klear.

**Klear** is coming out of the tunnel into a new pool, klear of all the issues you have now dealt with. **Klear** also means that you are ready to move ahead with the next step of your life.

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

Absolutely. There is **Aspektism, Workism, & The Power of Positivity** which are all products developed by this organisation. You are more than welcome to try the other 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 with Yahoo/MSN (see contact details via website) and Kerryn is just a phone call away.

*Do you think if I did The Goal course I would learn more about myself and apply that to my own life?*

Absolutely! The more you learn, the more you will enhance your lifestyle. We, as humans, are all here to learn. There are some people who apply new skills to enrich their lives, others don't.

*Where to from here?*

You are more than welcome to make an enquiry via email or phone call to Kerryn. Please use the contact details on this brochure or via the website.

**CONTACT US:**

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**Email: [kerryn@ktalk.com.au](mailto:kerryn@ktalk.com.au)**

**Website**

**<http://www.ktalk.com.au>**

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



*“Exceed Your Expectations”*

**THE GOAL**