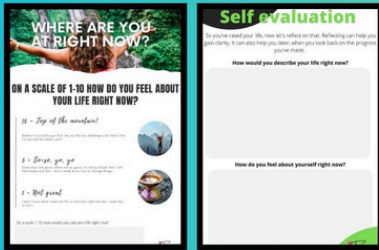


# Reignite your spark for life after heartache

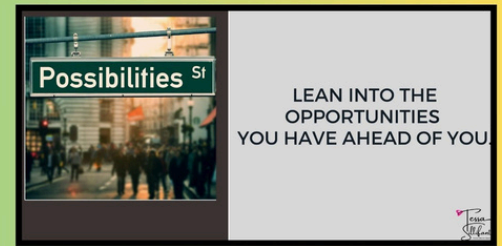
## Online course

### Video content

#### Reflective workbooks



#### Positive affirmations



I get it, life is hard. It takes time and effort to build a relationship and make things work and when it doesn't work out as you had hoped, there's a massive hole in your life that can make it easy to feel lost.

Then you can enter into the realm of torturing yourself by scrolling through social media to gauge what they're up to and go through old photographs of the times you shared.

When you reflect, you may feel angry at the sacrifices you've made or the compromises that took place to be where you are today, or angry at the situation you've found yourself in.

You may also feel sad for what you no longer have, and find yourself go over and over in your mind different scenarios to try and gauge what you could have said, or done differently, to try and get to a different outcome.

On top of this, you may feel like your world has been shaken, which has led you to question your life, what you want, and where you are headed. You've got decisions to make that you may not have had to make before, you have to approach life differently, which can be overwhelming and frustrating.

I appreciate this is a difficult time for you and it's completely natural to feel like this, but if time has passed by and you're still feeling this gaping hole in your life, then....

## WHAT IF I TOLD YOU THERE WAS AN EMPOWERING WAY THAT COULD HELP YOU TO MOVE FORWARD?

A way that helped you to reflect, reframe your thinking, gain clarity and support your wellbeing to feel good again...



#### Reflect

Reflect and find hope and possibility to prepare you for the next phase of your life.



#### Reframe

Reframe your thinking with practical tools to help support you on this journey.



#### Clarity

Gain clarity so you know where to put your focus.



#### Wellbeing

Support your wellbeing to help you feel good again.



# GUESS WHAT...

## YOU CAN GO FROM LONGING FOR THE PAST TO CREATING EXCITEMENT FOR YOUR FUTURE!

This self-paced online course has been created with you in mind. To empower you, to provide you with knowledge and tools to put you in the best position possible to be able to move forward with your life with hope and excitement.

The content has been carefully considered to provide insight, empathy and inspiration.

Inside the course, you will find...



### VIDEOS

Video content to inspire, empower and give comfort and support.



### WORKBOOKS

Workbooks to help you reflect, gain clarity and move forward with your life.



### READINGS

Optional readings to learn more about specific topics.



### POSITIVE AFFIRMATIONS

Positive affirmations to encourage and support you.

Life is an evolving journey that we go through with many highs and lows. When one door closes, we are faced with possibilities. But those possibilities aren't always clear to us at the time if we aren't open to seeing them to begin with. This course aims to help you to reflect, review, and refresh yourself from the status quo so that you can get excited about your life again and all the potential that lies ahead.

The question is, are you ready? Is now the time for you to take control of your future? To put yourself back in the driver's seat of your life, so that you can gain clarity, find inner peace, and get excited again for your future?

You owe it to yourself to be happy and to embrace this next phase of your life with open arms because life is so precious. Don't let time slip by so that down the track you're filled with regret. Are you ready to put the work in? Is now the right time?

## FEEDBACK

"I cried throughout the course. There was so much I hadn't realised, your course really helped me"

"The course gave me the first glimmer of hope I have had since the break-up, which was 9 months ago. It really helped me realise that I won't feel like this forever – thank you"

"Your course really helped me feel empowered during those difficult moments"

"I learnt so much about myself through doing this course, it was freeing and enlightening"

"The videos really felt like you were directly speaking to me"

"I loved the workbooks that I could work through in my own time, it really helped me to reflect and gain clarity so that I could free my mind and move forward with my life again"

# ABOUT THE CREATOR

Tessa knows wholeheartedly how raw a break-up can feel. From losing confidence, feeling utterly lost, to not knowing who you are anymore after losing so much of yourself to the relationship. One minute everything feels fine, and then boom, life has changed in an instant!

But... Tessa rose above the pain and heartache and is wanting to help others get there a whole lot quicker!

Armed with a Bachelor's degree in Applied Science (Psychology), a Diploma in Professional Coaching and a Master's degree in Teaching (Primary), Tessa has combined her knowledge, skills, experience and empathy to support people on their journey so that they can go on to live their best lives.

You only get one chance at life, so why not empower yourself to rise above the challenges and allow yourself to get excited for this next chapter of your life.

After all, you deserve to be happy and to love your life again, just as much as anyone else!



## FAQ'S

### Who is this course for?

This course is for those who have experienced heartache and are feeling ready to move forward with their life, but are feeling stuck.

### How is the course set up?

The course is 100% online and has been created so that you can dip into different topics that feel relevant to you. The course is broken down into 5 modules that cover grief, looking after yourself and letting go, taking action, overcoming bumps in the road, and celebrating you. This course aims to help you understand yourself and the journey you're on so that you can get excited about your life again. The course is filled with downloadable workbooks, video clips, and links to further information. You can type your answers directly into the workbook and save it to your computer, print it off and write in it, or write your answers down in your own journal. The workbooks are for your own personal reflection, so no one will get to see your answers.

### How long do I have to complete the course?

There is no timeframe for completing the course.  
You can pick it up and come back to it, whenever you choose.

### What if I have problems accessing the course?

If you have any problems accessing the course or any content material, please contact Tessa at [selftrustreset@gmail.com](mailto:selftrustreset@gmail.com) and she will assist you and do what she can to rectify the situation.

If for any reason you do not receive an email, please check your spam, social/promotions tabs.

### How do I sign up?

You can sign up to the course by going to <https://www.selftrustreset.com/challenge-page/reignite-spark-for-life>  
At the bottom of this page there will be a 'sign up' button.

You will then be directed to create an account (this is so that you can log into the course in the future).  
You will need to activate your account by confirming your email address (you'll be sent an email to do this)  
Then you'll be able to pay for the course and will have instant access to the content!

# YOU DESERVE TO BE HAPPY AND TO LOVE YOUR LIFE, IS NOW THE RIGHT TIME?



[www.selftrustreset.com](http://www.selftrustreset.com)



[selftrustreset@gmail.com](mailto:selftrustreset@gmail.com)