

DISCOVERY GUIDE

Adult Balance, Relationships & Personal Growth

Lifestyle & Life Skills / Life stages

No standalone pathway purchase · Recommended package fee · not a standalone pathway fee

INR 9,999

Access

6 weeks package access

Study plan

15-25 minutes · flexible around work and family life

Learning format

Public discovery guide; package delivery and inclusions must be checked separately

Programme overview

Strengthen daily systems, healthier communication, boundaries, confidence and a sustainable approach to personal growth.

Who this is for

- 1 Adults of any gender who want practical improvement in confidence, communication, routines, relationships and personal presentation.

Published topics and learning focus

- 1 Plan one priority for the day
- 2 Have one intentional conversation
- 3 Set or respect one healthy boundary
- 4 Protect a recovery or family routine
- 5 Review one behaviour to improve next week

Related package

A related starting package; it does not automatically include this complete pathway. Confirm additional scope and fees.

Confidence + Communication Transformation

Before you choose

- 1 This is a discovery pathway, not a standalone paid course or a promise of free tuition. Confirm any separate scope, fee and access in writing.
- 2 Published learning topics describe the intended focus, not guaranteed personal, career or business results.

Take the next step

Enrol in Confidence + Communication Transformation

View current details, scope and terms

Ask ZELVU about this programme

Save this brochure for reference. Details can change: confirm the current programme page and checkout before making a purchase.