

DISCOVERY GUIDE

Emotional Fitness & Resilience

Lifestyle & Life Skills / Personal Growth, Habits & Resilience

<div>No standalone pathway purchase · Included in the package below · regular full-package fee</div> <div>INR 7,999</div>	<div>Access</div> <div>4 weeks package access</div>
<div>Study plan</div> <div>Short reflection · everyday recovery practice</div>	<div>Learning format</div> <div>Public discovery guide; package delivery and inclusions must be checked separately</div>

Programme overview

Improve non-clinical self-awareness, emotional regulation and resilient decision-making.

Who this is for

- 1

People building non-clinical skills for self-awareness, calm decisions and recovery from everyday setbacks.

Published topics and learning focus

- 1

Name the emotion and trigger
- 2

Pause before reacting
- 3

Use a recovery routine
- 4

Separate facts from assumptions
- 5

Seek qualified support when concerns become clinical or urgent

Related package

This topic is explicitly included in this package. The package fee covers all its tracks, not only this topic.

Discipline, Productivity & Life Reset

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 Discipline, Productivity & Life Reset

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.