

DISCOVERY GUIDE

Family Communication & Lifestyle Habits

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

10-20 minutes · shared practice across the household

Learning format

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

Programme overview

Create practical family check-ins, respectful boundaries, shared responsibilities and routines that reduce avoidable friction across generations.

Who this is for

- 1 Parents, caregivers, couples and multi-generation families who want calmer communication and more consistent shared routines.

Published topics and learning focus

- 1 Run a 10-minute family check-in
- 2 Make one request without blame
- 3 Agree one shared routine
- 4 Clarify one household responsibility
- 5 Repair one small conflict with listening and a next step

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.