

DISCOVERY GUIDE

Senior Active Living, Confidence & Connection

Lifestyle & Life Skills / Life stages

<div>No standalone pathway purchase · Recommended package fee · not a standalone pathway fee</div> <div>INR 9,999</div>	<div>Access</div> <div>6 weeks package access</div>
<div>Study plan</div> <div>10-20 minutes · comfortable pace · accessible practice</div>	<div>Learning format</div> <div>Public discovery guide; package delivery and inclusions must be checked separately</div>

Programme overview

Support independence, connection, digital confidence, enjoyable routines and purposeful learning while respecting individual pace and ability.

Who this is for

- 1
- Older adults and seniors who want purposeful routines, stronger communication, social connection, confidence and lifelong learning.

Published topics and learning focus

- 1
- Schedule one social connection
- 2
- Practise one useful digital task
- 3
- Keep a simple daily purpose list
- 4
- Share a story or experience with someone
- 5
- Choose one learning or hobby goal for the 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.