
Journey of Well Being – Personal Transformation Program

Why does this program exist?

I have lived a hard childhood and dreamed of big dreams like any kid only to see them evaporate without traces. The biggest trap I struggled for years to overcome was looking for a magic pill, one move or a single relation that would make a significant improvement in my quality of life. So, I learned in the last two decades that changes needed to be in the core of my thinking, understanding, and behaving to transform basic components of what I called: My identity. This meant that I had to transform how I viewed my parents, teachers, friends and eventually my entire culture with a courageous approach to identify roots of pain that kept me unable to create my own life meaning. When I was 19, I found a book written by a French mentor. This book has served me as a hint to start my own journey. The author belonged to a different culture and suggested a prospective that took me to decades to validate. As a 43 year old now, I found myself obligated to her and to my old self to share what I learned with you by becoming your companion of choice if you want to create a personal path of growing up and appreciate existence of your previous mistakes as a signal to a qualitative and permanent change.

What you will learn?

Here are main areas that I will cover with you during this journey:

- Childhood abuse, neglect, and developmental trauma.
- Flows of human brain in perusing happiness.
- Cultural impact on shaping one's identity.
- Mindfulness of being.

How you can benefit from this program?

This is a three months long program. During this period, we will schedule a minimum 12 coaching and training sessions and track your progress from day one to assure that you can document your progress until you rewire your brain to habitually adapt your new created path. These sessions can be done face to face remotely depending on your location.

What if three months were not enough to complete this program?

I will extend your program until we reach all program's goals.

Who am I to offer this program?

I am a self-taught human who built his own path while growing and living most of my adult life in one of the most conservative locations exists today: Saudi Arabia. I was able to move to Bahrain five years ago and was able to transform completely my relationship with my parents and friends to help me thrive. I successfully have shifted my career from engineering to training and coaching a decade ago and I have published three stories in Arabic, a poetry collection, and a short story in English. I have built a new network of friends from different religious and ethnic backgrounds to fit with my humanitarian core values. I became a successful husband and a wonderful father of four children despite the fact of being raised by divorced parents and my abusive and neglectful childhood history.

How much you will invest in this program?

\$ 3,000 (10% Discount if paid upfront)

How to get more information about me and this program?

Websites and blogs:

- <http://www.tanweertraining.com/>
- <http://naji-survivor.mystrikingly.com/>
- <https://www.amazon.com/-/e/B07V5M8X85>

Social Media:

- *LinkedIn:* <https://www.linkedin.com/in/fahad-alqahtani-5b750117/>
- *Facebook:* <https://www.facebook.com/fahad.mohammadalqahtani/>
- *Twitter:* <https://twitter.com/tanweertrans>
- *Instagram:* https://www.instagram.com/tanweer_training/

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Faithfully Yours,

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