**102- Self Discovery**

***Name?***

***Intention? (What is for)***

***What is covered?***

***Time required***

***Pre requisites***

***Who is it for?***

***Online component (resources provided)***

***Actual face to face***

***Post course support (online)***

***Tools needed***

***Outcome (What you will be able to do)***

***Pre requisites***