



# NOBLE-HEART FOUNDATION

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Dear Sir/Ma,

## INTENSIVE TRAINING ON SELF-ESTEEM BUILDING AND TEMPERAMENT MASTERY

The task of molding a child's future is never a simple one. We appreciate the length you have gone in helping your students/ward develop mentally, emotionally and spiritually to live Christ centered lives and to be outstanding in their academic and spiritual pursuit. The building of a healthy self-esteem would be an added advantage and a tremendous benefit to them also. What a child becomes in the future is very important; first to his/her immediate family, secondly to you who sacrificed time and energy molding and getting them ready for the future, and finally, who they become in the future is very important to this generation. Therefore, it is very critical that they are properly guided, informed and trained as they get more exposed to who they are, and all they can become in no distant time. This training would help their planning process, purpose discovery, self-mastery, and to fully utilize their God given potentials.

Building a Healthy Self-esteem is a project lunched by **NOBLE-HEART FOUNDATION** with the aim of nurturing a healthy self-esteem in millions of children, teenagers and young adults across the globe. Self-esteem oversees a huge percentage of what an individual does or think, this ultimately determines his/her productive capacity. This Healthy Self-esteem project seeks to help those who suffer from unresolved inner conflict, low self-esteem and abuse. Already, we published a book with a title "**Building A Healthy Self-esteem.**"

We want to introduce to your school or church, our independent five (5) full course comprehensive, fun, mind building and hands on practical training called: **Self-Concept, Self-esteem, Self-Construction, Self-Identity and Gratitude**. Also, teachers training course called "**Temperament Analysis & Mastery** - (this temperament single course helps teachers to understand their student's individuality and uniqueness).

### FULL TRAINING DETAILS:

S/N	COURSES TITLE	DESCRIPTION
1	SELF-CONCEPT	This course helps the child or individual to understand the concept of self. The aim is to help participants understand their innate potentials, capacity and thereby, establishing a kick off point for proper usage. <b>Course Type:</b> Theory <b>Materials:</b> Questionnaire & Oral Teaching. <b>Duration:</b> 48minutes
2	SELF-IMAGE	This course helps the individual to birth a conscious and active healthy self. The key objective is to help participants form a healthy thinking pattern. <b>Course Type:</b> Theory/Practical

		<b>Material:</b> Course Text-Book <b>Duration:</b> 48minutes
3	<b>SELF-CONSTRUCTION</b>	This course practically helps the child or individual construct a desired self, master his/her uniqueness, and how to effectively maximize his/her abilities. <b>Course Type:</b> Practical <b>Material:</b> Work-book & Text-Book. <b>Duration:</b> 1hour
4	<b>SELF-IDENTITY</b>	This course helps the child or individual to consciously enjoy his/her unique identity. Everyone have their respective individual differences. The objective of this course is to basically help participant enjoy who they are void of external pressure. <b>Course Type:</b> Inspirational & Motivation <b>Material:</b> Course Text-book. <b>Duration:</b> 48mins.
5	<b>GRATITUDE</b>	This course helps the child or individual to cultivate a lifestyle of appreciation, irrespective of the situation at hand. <b>Course Type:</b> Theory& Practical <b>Materials:</b> Course Text-book. Duration: 48mins
<b>What's My Temperament Like?</b>		
1	<b>TEMPERAMENT ANALYSIS &amp; MASTERY</b>	Temperament Mastery is sure of improving communication, help manage one's behavior as well as that of one's spouse, children, business associates, and others with whom one might desire better communication. The course helps participant master the four temperament and give them exceptional insight into oneself and others.

We can RUN any of these trainings (SINGLE COURSE OR COMPLETE 5 COURSES) for your students/teenagers and teachers/children coaches in your school/church facility.  
Investment Per child for a single course is N2500, while that of teachers goes for N3,000 Per Teacher/children coach (comes with full training, workbook & test kits, while certificate of completion is optional).

Expose Your Child and Staff or Children Teachers to this impactful and empowering educational learning experience this period.(Call Now to schedule a suitable slotfor the training;+2348064987314).

WE HAVE A SUITABLE AND SUBSIDIZED PACKAGE IN WHICH SCHOOLS CAN MAKE THEIR OWN PROFIT FROM THE TRAINING.

Yours Faithfully

Jeffery E. Martins  
for: Noble-Heart Foundation

## **Suitable and Subsidized Package**

- Subscribe for the full 5 courses at a stretch and get 1 single course discount. Instead of 12,500 naira, you pay 10,000 – this applies only to registration of 25 students and above.
- Any school that registers over 100 students in a single term gets an addition scholarship of 5 students and another 5 student's fee paid back to the school.

**Please note that before any training commences; 70% of payment must be received!**

