

# What's So Seminar

Consider that regardless of what we may say is our purpose in life, our lives are often driven by or shaped by our experience of being burdened or obligated to do something. Imagine what your life would be like if you were not being burdened, obligated or impeded in any way.

- Discover that burdens and obligations are not something you are inherently stuck with.
- Have the opportunity to discover the miracle of what's so versus what should be or what could have been - and how much of your life is currently devoted to "What is not".
- Get clear on what you choose to be the purpose of your life and begin to establish goals that align themselves with that intention.
- Gain the capacity and power to learn from your failures and incompletions in life and, rather than be stuck with them, dependably develop yourself from what you have discovered - fulfilling what matters most to you.
- Gain access to your humanity, your satisfaction in life, and a dramatically expanded experience of freedom and aliveness.

This course is a very practical course. Through the exercises and practices in this course you will expand your ability and capacity to live true to the purpose you create for yourself.

SESSION # 1 – 16 DEC 2025

SESSION # 2 – 06 JAN 2026

SESSION # 3 – 13 JAN 2026

SESSION # 4 – 20 JAN 2026

SESSION # 5 – 10 FEB 2026

SESSION # 6 – 17 FEB 2026

SESSION # 7 – 03 MAR 2026

SESSION # 8 – 10 MAR 2026

SESSION # 9 – 17 MAR 2026

SESSION # 10 – 24 MAR 2026

Attendance at session #1 is mandatory. You must be available to attend at least 6 out of the 10 sessions to complete the seminar.

**Tuition: KSH 6,500 | Tuition: R 800**

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