

T Thrive
L Live
C Connect
MENTOR



WELCOME TO THE TLC COURSE

WITH TANYA PHILLIPS



CONTENTS

ADD LINKS

Introduction

Declaration

Why the course?

Visual aids

Final tips & takeaways



INTRODUCTION

- About me



DECLARATION

- Tbc add what learnt from course



WHY THE COURSE?

- Who it is for
- Benefits of it
- Affordable
- Tell others





NO ONE WILL SAVE YOU!

YOU CAN DO THIS, AND I CAN SUPPORT YOU!



WHAT IS WRONG WITH ME??

Circle or tick any of the words in the chart that resonates with you and your broken parts.

Feel free to add words in the bottom row....

Hard work	Needy	Independent
Socially Awkward	Stressed	Over Communicate
Insecure	Controlling	Angry
Anxious	Quiet	Depressed
Lost	Guarded	Introverted



HOW ABOUT.....

WE STOP TRYING TO FIX YOU? YOU ARE NOT BROKEN

INSTEAD.....

WE FOCUS ON WHAT YOU NEED TO LET GO OF AND
FOCUS ON WHAT YOU NEED MORE OF

BUT HOW I DO I KNOW WHAT I
NEED TO LET GO OF?.....

THE FIRST STEP IS UNDERSTANDING YOUR
ATTACHMENT STYLE

BUT HOW I DO I KNOW WHAT I
NEED MORE OF?.....

THE FIRST STEP IS UNDERSTANDING YOUR LOVE
LANGUAGE





UNDERSTANDING WHAT TO LET GO

YOU NEED TO UNDERSTAND YOU...LET'S
WORK TOGETHER ON THIS....

WE WILL COVER XYZ



ATTACHMENT STYLES



This is a powerful tool in public speaking. It involves varying pitch, tone, and volume to convey emotion, emphasize points, and maintain interest.

- Pitch variation
- Tone inflection
- Volume control

Effective body language enhances your message, making it more impactful and memorable.

- Meaningful eye contact
- Purposeful gestures
- Maintain good posture
- Control your expressions

[CLICK HERE TO DO THE ATTACHMENT STYLE TEST OR SCAN THE QR CODE](#)

[ADD QR CODE](#)

SECURE ATTACHMENT

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DISMISSIVE ATTACHMENT

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ANXIOUS PREOCCUPIED ATTACHMENT



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FEARFUL AVOIDANT ATTACHMENT



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MEDITATION

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ATTACHMENT STYLE TIPS & TAKEAWAYS



- Consistent rehearsal
 - Strengthen your familiarity
 - Refine delivery style
 - Pacing, tone, and emphasis
 - Timing and transitions
 - Aim for seamless, professional delivery
 - Practice audience
 - Enlist colleagues to listen & provide feedback
- I. Add suggested books etc for this

GENDERFINAL CRISIS



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CHILDHOOD AND THE CONNECTION TO YOU



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6 DIFFICULT QUESTIONS TO YOU



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UNDERSTANDING WHAT I NEED MORE OF

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MASLOW'S HIERARCHY OF NEEDS



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LOVE LANGUAGES



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[CLICK HERE](#) TO DO THE LOVE LANGUAGE TEST OR SCAN THE QR CODE



AFFECTION LOVE LANGUAGE



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GIFTS LOVE LANGUAGE



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TIME LOVE LANGUAGE



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TALKING LOVE LANGUAGE

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LOVE LANGUAGE TIPS & TAKEAWAYS



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6 DIMENSIONS OF WELLBEING



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6 DIMENSIONS OF WELLBEING – 4TH DIMENSION



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6 DIMENSIONS OF WELLBEING – 5TH DIMENSION



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VALUES



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WHAT ARE MY VALUES??

Circle or tick any of the words in the chart that resonates with you and your broken parts.

Feel free to add words in the bottom row....

Hard work	Needy	Independent
Socially Awkward	Stressed	Over Communicate
Insecure	Controlling	Angry
Anxious	Quiet	Depressed
Lost	Guarded	Introverted

VALUES TIPS & TAKEAWAYS



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INTEGRATED ATTACHMENT



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INTEGRATED ATTACHMENT TIPS & TAKEAWAYS



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FEMININE AND MASCULINE ENERGY



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FEMININE AND MASCULINE ENERGY TIPS & TAKEAWAYS



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UNDERSTANDING EMOTIONS AND FEELINGS



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TIPS & TAKEAWAYS



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ADDITIONAL READING, WATCHING AND LISTENING TO GET TO KNOW YOU EVEN MORE!



- I. Books
- II. Podcasts
- III. Mags
- IV. Blogs
- V. Ttks
- VI. Local contacts
- VII. Local spiritual fisrs
- VIII. Italk
- IX. Gabor etc

Maintaining composure during the Q&A session is essential for projecting confidence and authority. Consider the following tips for staying composed:

- Stay calm
- Actively listen
- Pause and reflect
- Maintain eye contact



PHILOSOPHY ADD BOOKS THE PIG THAT WANTS TO BE EATEN AND WHAT DOES IT ALL MEAN?

Your ability to communicate effectively will leave a lasting impact on your audience

Effectively communicating involves not only delivering a message but also resonating with the experiences, values, and emotions of those listening



WHAT IS WRIGHT WITH ME??

- Circle or tick any of the words in the chart that resonates with you and your broken parts.
- Feel free to add words in the bottom row....

add			



WHAT ELSE DO I NEED MORE OF?



- self care to replace Comfort eating and doom scrolling
 - Gratitude
 - Understand menstrual cycle and how it affects me
 - Fff response
 - Reduce cortisol- the oxygen advantage
Patrick Mcklown
- I. Seek feedback
 - II. Reflect on performance
 - III. Explore new techniques
 - IV. Set personal goals
 - V. Iterate and adapt

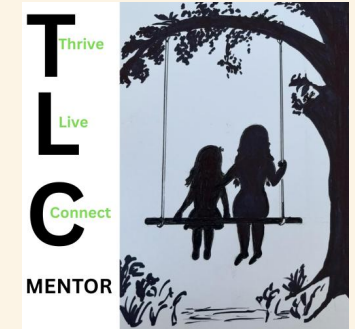
PHILOSOPHY QUOTE END LIFE ISN' T MEANT TO BE UNDERSTOOD IT IS MEANT TO BE FELT

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THANK YOU



I TRULY HOPE YOU HAVE FOUND THIS COURSE HELPFUL
DO KEEP AN EYE OUT ON **MY SOCIALS** FOR MORE COURSES
AND IF THERE ARE ANY COURSE THEMES YOU WISH TO SEE
OR HAVE ANY FEEDBACK

ADD QR CODE

FEEL FREE TO DROP ME AN EMAIL!

TANYA PHILLIPS

TLCMENTOR25@GMAIL.COM

WWW.TBC.COM

SHARE YOUR NEW KNOWLEDGE WITH
LOVED ONES!