

GOLDSTER★

SELF-IMAGE AND IDENTITY





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SELF-IMAGE AND IDENTITY

SELF IMAGE IS EVERYTHING

Join Kath Temple, The Success & Happiness Psychologist, for a ground-breaking course that will give you insights and strategies on how to overcome a lack of confidence and confusion around your own identity.

Our beliefs about ourselves influence confidence, choices and relationships. A positive self-image fosters resilience, growth and success, while a negative one can limit potential.



THE GAP BETWEEN SELF IMAGE AND WHO WE WANT TO BE

The gap between self-image and our desired self is where growth becomes a necessity.

Recognising this disparity fuels ambition and drives self-improvement, bridging the divide.

Embracing change, setting goals and taking deliberate steps can align our identity with our aspirations, leading to personal fulfillment.

OUR METHOD

WHAT IS GOLDSTER?

Goldster is a digital platform that has pioneered the only systematic non-drug approach to health.

Built from all the available evidence and extensive data sets, it combines social interventions designed to target the physical, emotional and cognitive benefits people seek for their health.



A STRUCTURED WELLNESS INTERVENTION PATHWAY

The programme is driven by Goldster's own Structured Wellness Intervention Pathway (SWIP).

We identify the most appropriate non-drug healthy living and ageing approaches to benefit people.

Our method links common problems faced with ageing and connects them to the most effective approaches, enabling a simple and accessible way to improve the desired area of health.

"The path is made by walking on it"

THE COURSE

Embracing self-empowerment and self-acceptance unlocks a world of possibilities. It fosters self-confidence, authenticity and inner peace.

Embracing your own uniqueness can help promote meaningful relationships while reducing societal pressures.

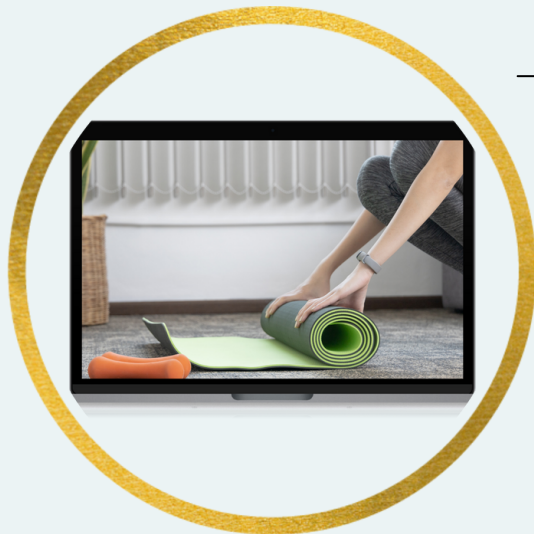
Self-acceptance allows individuals to pursue their true passions and aspirations, leading to a more authentic and satisfying existence. Isn't that what we all want?

A CONNECTED COMMUNITY

While we live in a digital world, keeping social and connected is one of the most significant aspects of a healthy life.

We want to give you many options to communicate and be as social as possible through this journey.

- The presenter will greet you in every class as a group. We want to celebrate your commitment and keep you motivated
- You will meet your instructors and other members at the start, enabling you to build rapport and friendships.



EVIDENCE-BASED, LIVE INTERACTIVE CLASSES

- Weekly coaching supports your journey and enables your advancement linked to evidence-based classes
- Don't worry about missing the coaching; you can catch up on the recording.

"When we do it together, we feel better together"

THE COURSE

GET THE MOST FROM GOLDSTER

The key to any improvement in health is doing more than one singular activity. We always encourage the use of a multi-component approach to maximise the benefits of the goldster platform.



- Engage and stimulate the physical, emotional and cognitive aspects of your health with classes suggested by the coach
- Participate in the forums and group as often as possible to extract as much information as possible
- Your feedback to the coach on how you are doing will enable them the ability to adjust the course to need specifically to you



LEARNING IS PART OF THE JOURNEY

Understanding our health can help us prevent health problems and manage issues better when they arise.

Not all of us are familiar with medical terms or how our bodies work. We have to interpret statistics and evaluate risks and benefits that affect our health and safety. Let our research team put all those myths to bed and share our latest research with you.

"Learning is a journey of self discovery"

Week 1 - How self-image affects self-confidence.

Self-image shapes self-confidence; A positive self-image bolsters confidence, encouraging resilience and action. A negative self-image, however, can undermine self-belief and hinder personal growth and achievement.

Week 2 - What are the blocks to higher self image?

Obstacles to greater self-image and confidence include self-doubt, comparison to others and past failures.

To overcome them, we must practice self-compassion and set realistic goals for ourselves that focus on our strengths. Positive affirmations also support a positive self-perception and boosted confidence.

This week, Kath's session will be complimented by Claudia Le Feuvre, Goldster's Nutritional Therapist & Eating Psychology Coach, who will look at how nutrition can impact self-image.

Week 3 - The prevailing youth culture.

With a heavy influence on societal norms, values, and trends, the youth culture can be responsible for shaping our perceptions, attitudes and behaviours.

Staying open-minded while balancing past experiences with evolving youth culture helps us adapt, connect and engage effectively with younger generations in an ever-changing world.

In this session we will be joined by special guest, Ross Duttson. Ross is Goldster's "face personal trainer" and will teach a series of yoga-like exercises that strengthen the facial muscles to help erase fine lines, lift the cheeks, smooth and tighten the neck and more!

This week, Kath's session will be complimented by Ross Duttson, Goldster's "face personal trainer." Ross will review yoga-like exercises to strengthen the facial muscles helping to erase fine lines, lift the cheeks, smooth and tighten the neck and more!

Week 4 - The different phases of a woman's life.

Self-image and inner confidence fluctuate through various life phases, from adolescence to motherhood, to ageing gracefully.

Hormonal changes and evolving roles influence these shifts, highlighting the importance of self-awareness and self-care across the journey.

This week, Kath's session will be complimented by Ariane Poole, make-up artist for over 40 years, who will look at ways to enhance our appearance utilising everyday items in our own make-up bags.

Week 5 - Archetypal energies.

Guiding personal growth and transformation, these universal patterns offer insight and meaning as we navigate the evolving chapters of life.

This week, Kath's session will be complimented by Sarah Ryan, Goldster's Style Coach, who will look at how to streamline your style while increasing confidence and self-image.

Week 6 - The different phases of human life.

From infancy to old age, each diverse stage of human life offers unique challenges and opportunities for growth, learning and self-discovery.

YOUR JOURNEY

1

WEEKLY COURSE

FAMILIARISE YOURSELF WITH THE SCHEDULE

Your course takes place once a week on the same day and time each week for 6 weeks. Check the [class schedule](#) on our website for the course details and any resources you may need. No need to sign up, simply join the class on the day.

2

THE DAY OF THE CLASS

CHECK YOUR INBOX

Every morning at 6.30am, we email you all the classes for that day, with the links to our website to join. Don't forget to check your spam and your junk folder. If you prefer, simply go straight to our website to join.

3

THE CLASS IS ABOUT TO START

WAITING ROOM OPENS 15 MINS BEFORE

Our class waiting rooms open 15 mins prior to the start time, just to give you enough time to get prepared and settled

4

WELCOME TO THE CLASS

GET A LOVELY GREETING

Welcome to the class, you will be greeted by our digital concierges. Listen for a shout-out from the instructors as you are part of a valued community

5

LOOK FORWARD TO YOUR NEXT CLASSES

TRY OTHER CLASSES

Goldster offers a wide variety of classes all day, every day, so there is always something new for you to try. Try our drop-in classes or take a look at our other courses that run throughout the week.

YOUR COACH



Kathryn Temple

The Success & Happiness Psychologist

Expertise: Psychology, Psychotherapy, Hypnotherapy, NLP, EFT, Havening, Leadership, Success & Happiness.

International Success & Happiness Psychologist Kath Temple is a warm, inspiring, positive powerhouse award-winning entrepreneur!

Kath is extremely well qualified, she is a Business Psychologist, Organisational & Occupational Psychologist and founder of Lifelong Learning Company, The Happiness Foundation, Happiness Magazine and Temple Alternatives.

Kath is also a member of the British Psychological Society, including the Coaching Division, EFT International, Society of NLP and the International Coach Federation.

"One wild and precious life - live your best one as your best self!"

SPECIAL GUESTS



Claudia Le Feuvre

Nutritionist & Eating Psychology Coach

Claudia is passionate about making nutrition fun and inspiring. She has supported hundreds of people on their weight loss journeys and transformed their relationship with food.



Ariane Poole

Make-Up Artist

With a degree in Cosmetology and over 40 years' experience, Ariane is a make-up magician and has worked with A-list celebrities including Catherine Zeta-Jones.



Ross Duttson

Facial Yoga Expert

Armed with an extensive toolbox of exercises, the “face personal trainer” teaches a series of yoga-like exercises to strengthen the facial muscles, erase fine lines, open the eyes, lift the cheeks, smooth & tighten the neck and more!



Sarah Ryan

Style Coach

Sarah is an award winning Style Coach who helps women refine their personal style and increase their confidence.

YOUR NOTES

WEEK 1

YOUR NOTES

WEEK 2

YOUR NOTES

WEEK 3

YOUR NOTES

WEEK 4

YOUR NOTES

WEEK 5

YOUR NOTES

WEEK 6

