

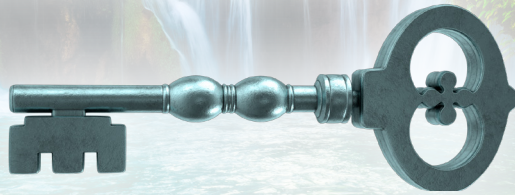
בעזה"ת

# TORAHPSYCH

Presents

## *Joyful Wellbeing Toolkit*

**7 Keys to Transform Life's Challenges & Unlock its Blessings**



**Michal Smith**

**MSc Educational Psychology | 20+ Years of Torah Educating**

- |   |   |   |   |
|---|---|---|---|
|   | <b>1 - Tools for Challenge</b><br><i>Your invitation</i>        |   | <b>4 - Tools for Wounds</b><br><i>Identifying inner scripts</i>     |
|  | <b>2 - Tools for Feelings</b><br><i>How to handle the waves</i> |  | <b>5 - Tools for Transformation</b><br><i>Renewing your scripts</i> |
|  | <b>3 - Tools for Thoughts</b><br><i>Unlocking resilience</i>    |  | <b>6 - Tools for Balance</b><br><i>Harmonising yourself</i>         |
|  | <b>7 - Tools for Faith</b><br><i>From gift to Giver</i>         |   |   |

**Sundays 17<sup>th</sup> May - 19<sup>th</sup> July 2026**

**8pm UK | 3pm USA (EST) | 10pm Israel**

**Course Fee: £360**

**Live online course | 7 sessions | 3 Q&A | Recordings included**

**Payment plans and concessions available  
contact - [info@torahpsych.com](mailto:info@torahpsych.com)**

**Registration closes - Monday 11<sup>th</sup> May**

**SIGN UP: [WWW.TORAHPSYCH.COM/COURSES](http://WWW.TORAHPSYCH.COM/COURSES)**