



Cynthia Aisha Meguid

Excel in your Mental, Emotional & Spiritual Wellbeing

MEANING & VALUED LIVING

Discover Your Purpose. Live Your Values.
Create a More Meaningful Life.

Understand what truly matters to you and take intentional steps towards a life aligned with your values, purpose, and wellbeing.

ENROLL
NOW

What is Meaning & Valued Living?

A meaningful life is about purpose, values, and fulfilment—not just achieving goals. This course uses positive psychology to help you discover what matters most and live with greater intention.

Through practical tools and evidence-based strategies, you'll build more clarity, purpose, and everyday wellbeing.

What you will LEARN



Create Meaningful Goals

Align your goals with what truly matters to you



Discover Your Purpose

Explore what brings fulfilment and direction to your life



Live Authentically

Make choices that reflect your authentic self



Build a Meaningful Life

Use positive psychology to create lasting change.



Strengthen Wellbeing

Develop greater fulfilment, motivation, and life satisfaction



Create Greater Wellbeing

Apply strategies for everyday life

Who this Course is for

Perfect For:

- ✓ Individuals searching for greater purpose and direction
- ✓ Anyone wanting to understand their personal values
- ✓ Professionals seeking more meaningful work and life experiences
- ✓ Students exploring identity, growth, and future goals
- ✓ People wanting to create a more fulfilling and intentional life

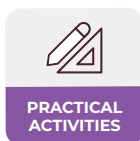
Features



100% ONLINE
LEARNING



SELF-PACED
COURSE



PRACTICAL
ACTIVITIES



COMPLETION
CERTIFICATE



Meet Your Instructor Cynthia Aisha Meguid

Wellbeing Education Specialist

Cynthia Aisha Meguid supports individuals and organisations in developing greater wellbeing, self-awareness, resilience, and purpose through evidence-based wellbeing education. Her work combines positive psychology principles with practical tools to help people create meaningful and fulfilling lives.



READY TO LIVE A LIFE ALIGNED WITH WHAT MATTERS MOST?
www.aishameguid.com

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