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WoDiLab

DEMO EXAMPLE FOR AI COURSE NAME GENERATOR

1 – Mega-Niche

Health & Wellness

2 – Micro-Niche

Stress reduction for women 45+ in pre-menopause

3 – Target Audience

Women aged 45–55
Working full-time
Feeling overwhelmed, tired, emotionally reactive
Experiencing sleep issues and hormonal changes

4 – Core Problem

They feel constantly stressed and exhausted.
They don’t understand how hormonal changes affect their energy and mood.
They want simple daily practices that actually work.

5 – Core Solution

A simple 4-week system combining:

- Gentle breathing exercises
- Light daily movement
- Evening wind-down routine
- Hormone-supportive daily habits

6 – Course Promise (time-bound, clear)

"Your outcome – if you choose to achieve it – is to build a personalised daily stress-reduction routine that improves your sleep and energy within 30 days."

7 – Offer Format (MVP realistic)

Small group, 4 weeks
Weekly live Zoom session
Short guided daily practices (audio + PDF)