

Confidence Lab Programme commencing January 2018

The Confidence Lab
*Become the woman you
want to be through positive
self belief:*

Topics include:

Course 1:

*Confidence building
Emotional resilience
Positive communication
Self worth and abilities*

Course 2:

*Positive thinking
Dealing with difficult
situations*

Motivation

Goals and aspirations

Course 3:

*Empowerment
Mindfulness
Choices and change
Moving on*

**4 week courses
Tuesday's
10.30am -1.00pm**

Course 1

16th January

to

6th February

Course 2

6th March

to

27th March

Course 3

17th April

To

8th May

**Informal and relaxed
women only
environment.**

*Encouragement and support
towards a more confident
you.*



For further information contact Lesley Whiting, Learning Co-ordinator

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