

Confidence Lab Programme commencing January 2018

<p>The Confidence Lab <i>Become the woman you want to be through positive self belief:</i></p> <p>Topics include:</p> <p>Course 1: New Beginnings <i>Confidence building</i> <i>Emotional resilience</i> <i>Positive communication</i> <i>Self worth and abilities</i></p> <p>Course 2: Motivation to Move on <i>Positive thinking</i> <i>Dealing with difficult situations</i> <i>Motivation</i> <i>Goals and aspirations</i></p> <p>Course 3: Choices & Change <i>Empowerment</i> <i>Mindfulness</i> <i>Choices and change</i></p>	<p>4 week courses Tuesday's 10.30am -1.00pm</p> <p>Course 1 16th January to 6th February</p> <p>Course 2 6th March to 27th March</p> <p>Course 3 24th April To 15th May</p>	<p>Informal and relaxed women only environment.</p> <p><i>Encouragement and support towards a more confident you.</i></p>
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For further information contact Lesley Whiting, Learning Co-ordinator

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