

GROW SELF-CONFIDENCE

AN INTIMATE WORKSHOP

WHO CAN BENEFIT



WHAT YOU WILL LEARN

IF YOU STRUGGLE WITH:

- * Self-confidence or self-esteem
- * General anxiety
- * Mild depression
- * Relationship issues
- * Education
- * Divorce
- * Family
- * Career

YOU WILL LEARN:

- * Understand what happens in your body when stressed or anxious
- * How limiting core beliefs run your life
- * Coping skills to stay calm
- * How you make meaning out of situations
- * To get clear on how you want to be treated
- * About parts of your personality that sabotage your happiness, and how to change them

4-WEEK WORKSHOP STARTS OCTOBER 18, 2018
EVERY THURSDAY 7:30 PM – 9:30 PM
120 Newkirk Rd. Unit 12, Richmond Hill, ON L4C 9S7
COST: \$297+HST

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