



My Confidence

Believe Imagine Grow

Are you:

- Struggling with low self-esteem & a lack of confidence
- Lost
- Uninspired and feeling 'low'

We can help you to grow **BIG**:

- **B**elieve in the power of you!!
- **I**magine, visualise and live a more purposeful life
- **G**row into the new you

My Confidence is an 8 week personal self-development programme using an inspirational and practical approach to learning.

My Confidence will help to develop and equip you with the tools and skills to discover who you are, and the person you want to be.

Our next course will run at Dereham Children's Centre, London Road, Dereham commencing on **Thursdays** from 11.00am-1.00pm starting on:-

7th September 2017

14th September 2017

21st September 2017

5th October 2017

12th October 2017

19th October 2017

Half Term is 26th October 2017

2nd November 2017

9th November 2017

You will need to be able to commit to attending each of the 8 sessions, as they are all interlinked, to enable you to get the most benefit out of the course. This course is **FREE**.

Contact Leigh on 07572 654808 or Jo on 07776 001191 to book your place or through our website or by email

Webiste: www.myconfidence.co.uk

Email: admin@myconfidence.co.uk