



Working to Improve Safety and Self Esteem since 1994



# FREE | CONFIDENCE BUILDING COURSES FOR WOMEN

Do you feel withdrawn, embarrassed? Doubt yourself and your options? Have a low opinion of yourself? Don't know how to express yourself or how you feel?

Take part in discussions designed to help improve your confidence and self esteem

Learn techniques to help build up and maintain your self esteem and confidence

Learn how to help increase your confidence in dealing with uncomfortable and difficult situations

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# WHAT WOMEN HAVE SAID ABOUT OUR COURSES



WiseWomen

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"Responsibility was a big thing for me... I may not have been to blame for what happened to me but I'm the only person who can do anything about how it's left me feeling. I can do this!"

"I thought it would be dead serious but it was a good laugh"

"I loved the Bill of Rights exercise... I have them pinned up on my walls, the fridge, the bedroom mirror as a reminder every time I give myself a hard time for not being perfect... I mean who is!"

"I have rights"

"I met new friends"

"It's about being open to positive possibilities instead of negative impossibilities"

"I have never enjoyed a course so much, I've had an amazing experience, thank you"

"I wanted to use it as a stepping stone, so yes it has lived up to my expectations because I've already stepped onto a different stone"