



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Do you feel withdrawn, embarrassed?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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 WiseWomen Glasgow

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Wise Women are
funded by Glasgow
City Council



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ABOUT WISE WOMEN

Wise Women addresses women's fears and experiences of crime and violence through the provision of Personal Safety and Confidence Building courses, workshops, and information to women in local Glasgow communities. We also provide training and awareness raising events for staff.

Our 6-week Confidence Building course is structured into 3 sessions;

- The source: perceptions, expectations, and experiences of women in society
- The symptoms: Challenging how we internalise negativity and express ourselves.
- Solutions: Positive and realistic actions for the future.

All of the participants in the past have said they felt more confident after taking part and 100% said they would recommend the course to a friend.

"I felt really good as there were people from all different backgrounds and places and it felt good being confident and watching confidence grow among all of them."

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

"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."

