



Are you a woman? Do you want to be, confident, courageous and have clear direction for your life?

WHAT: This 9 day workshop runs over 6 months so you can effectively build your confidence, become more assertive, gain clarity about what you **really** want out of life and have a plan to start to get there.

WHERE: Venue: To be confirmed

WHEN: 2 full days & 7 half days

Dates 2012: Feb 25 , Mar 16, 30, Apr 20, May 11, 18, Jun 8, 22, Jul 14th

BOOK NOW: Only 12 places available

Tel **Sandy:** on 07751 846 255

Email **Dee:** dee@southwestcoaching.co.uk

WHO:

Dee Wilkinson is a qualified Coach and a member of the EMCC. She has over 7 years of professional coaching experience, privately and in the NHS both in England & internationally.
www.southwestcoaching.co.uk



Sandy Jay is a Registered Psychotherapist & Supervisor with the U.K.C.P.

She has over 25 years of running groups in England and Europe.
Visit www.therapydevon.co.uk



Build your:

- Confidence
- Assertiveness
- Empowerment
- Re-define your future
- Support networks
- Communication skills

COST:

£45 for half day

£80 for full day