

Would you like more

CONFIDENCE

COURAGE

SELF ESTEEM?

Join us in Borrowby Village Hall for a two day course.

Find out how you can create results without driving yourself or generating unnecessary stress, you can also discover a new kind of self –fulfilment- one without strings attached. And since the way we see ourselves affects the way are with others, you will notice that your relationships become more satisfying too. You will deepen your connection with all those who live and work beside you, increasing your ability to guide and motivate your children, friends, partners and colleagues and empower them to be all they can be.

Taught by licensed instructors on four continents, it is sponsored by a non-profit educational foundation and is currently the world's largest programme for self-esteem enhancement. For information tel. Aileen 01845 537534

