

SELF-CONFIDENCE WORKSHOP



Participants	18yrs upwards from all walks of life
Venue:	Gerrards Cross or High Wycombe
Duration:	3hrs
Course fee:	£30 per person

When we want to feel more confident what does that actually mean?

This workshop provides an opportunity to understand the various factors that play an important role in self-confidence.

We will take a close look at why we want to be more confident and what could be stopping us from achieving it.

To book a space on the next workshop visit Therapy Workshops at www.nicolcounselling.com and complete an application form. Alternatively, contact group facilitator Daniela Nicol at courses@nicolcounselling.com or 01494 646704.