



Helping you to feel good!

## Confidence Building Course - for Teenagers

A two-day course to provide practical tools to counter everyday challenging situations, and to help to boost **young people's** confidence in handling these challenges. The course is split over two consecutive days and will be relaxed and informal, designed to boost confidence not reduce it! (No matter how awkward they feel there will still be an opportunity to participate and gain from the experience.)

The venue is in Ipswich; a map can be provided if required and there is car parking available locally.

The course times are likely to be 10.00am start to 4.00pm close, with lunch and tea breaks through the day. Tea, coffee, and water will be provided, but please bring a packed lunch.

As we take safety seriously, all CRB (Criminal Records Bureau) checks have been completed prior to the course taking place.

The price is £60 per day, with the total cost of £120 being payable at the time of booking.

*It is possible to book online and pay by credit/debit card, or you can print a booking form from [www.health-world.co.uk/go/bookings](http://www.health-world.co.uk/go/bookings) to return by post. Book your place now.*

If you wish to pay by standing order the cost of this course can be spread out with three equal payments over three months. Please arrange this at the time of booking, by printing the form from our website and returning it with your booking form. There is no additional charge for this option.