



Helping you to feel good!

Confidence Building Course - for Women

A two-day course to provide practical tools to counter everyday confidence draining situations for women. The course is usually split over a 2 week period to give participants the chance to put into practice some of the things they learn then to go back to review and extend these methods. Training will be relaxed and informal, designed to boost your confidence not reduce it!

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

The course times are 10.30am start to 5.00pm close, with lunch and tea breaks through the day. Tea, coffee, and water will be provided, but please bring a packed lunch.

Our trainer is an experienced trainer who has been presenting assertiveness and confidence courses for many years.

The price is £75 per day, with the total cost of £150 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 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.