WOMEN WISE

6 WEEK PROGRAMME
2HR SESSION PER WEEK

A six-week course for growing your confidence

Woman Wise is a free six-week course that will help to grow your confidence by providing you with new ideas, practical exercises and experiences in a supportive and interactive group setting.

IN THE 6 WEEKS WE WILL COVER:

- Ways to enhance your sense of self-worth, self-esteem and self-confidence by learning more about yourself and about your physical, emotional, mental and spiritual health.
- The difference between your thoughts and feelings and learn about acknowledging and accepting all your feelings.
- Different ways to identify your thinking patterns
- Ways to identify your passions, interests and strengths and learn to embrace these.
- Ideas to support your self-care and pampering.
- Ways to build stronger connections with yourself and others.
- Ways to communicate more effectively, and to live the life you want.

For more information or to book your spot, contact **CMM Group Programmes Coordinator Kylie Morel:**

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