

# Confidence Building Course



## Course Content

### **Where are you now? - Where do you want to be?**

We take a snapshot of where you are with your life, looking at the highs and lows of different areas of your life. After gathering this information, we help you look forward to where you want to be, to set the scene of how life could be for you.

### **Living a stress free life**

We take a look at how stress affects our daily lives, and look at a number of different ways we can go about reducing and managing our stress levels.

### **Having fantastic confidence**

Why do some people exude confidence, where others are shy and reticent? Review your confidence levels, and we give you some fantastic resources to enable you to improve your confidence levels.

### **Living a positively happy life**

Reframing the way we look at life, it's easy to look at the negative side of everything. Find out how easy it is to look at the positives in life, and how this change can have a dramatic effect on our lives.

**Dates** Tuesday 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> January 2011

**Times** 10:00am to 12:00noon

**Venue** Bourne Spring Centre, St. Mary's Road,  
Springbourne, Bournemouth BH1 4QP

**Costs** £25.00

Course content may vary from course to course.



**Call Ian now to reserve your place 01202 604387 or  
by email [ian@life-coaching-poole.co.uk](mailto:ian@life-coaching-poole.co.uk)**

Additional sessions are available every Second Tuesday in the Month, starting in February 2011. Each session will have a different theme, each one adding more positive resources to those you have built up on the course, and supporting you on an ongoing basis.