

Confidence and Self-Esteem Improvement

Confidence and Self-Esteem Improvement is a workshop for anyone wishing to improve their self-confidence and self-esteem.

Using Cognitive Behavioural Coaching, self-reflective work, wellbeing team building exercises and peer support this course provides participants with a chance to look at their self-image and better understand why they lack esteem. It is a chance to gain a wider understanding of mental health and wellbeing and the deeper issues that create poor self-image. You will learn to develop strategies to cope with underlying issues in an alternative and healthier manner.

The course also aims to give you resources for analysing positive factors about yourself and enables you to develop a more confident approach to life.

Email: info@eastkentmind.org.uk or call 0795 060 8827
or book online at: eastkentmind.org.uk