
East Kent

Affiliated to Mind in Bexley Limited | Company No. 05393807 | Registered Charity No. 1110130

Empower Hour

The most immediate and effective support we can find to improve our Mental Health lies within us. Learning to intentionally empower ourselves in each moment can enhance our ability to make more positive decisions, increase self-esteem and teach us that we can take control of our own life.

In this 4-week workshop we will use ancient and modern techniques to self-examine, reflect and unravel our obstacles as well as instilling our strengths, aspirations and motivations in the present moment.

By using tried and tested techniques from various cultural influences such as Zen and tribal customs, with added elements of Life-Coaching, we aim to increase self-belief and self-empowerment that will help us work towards a more fulfilled future.

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