

Natural Flair Coaching Presents...
*Flourish – Your Essential Guide
To Self Confidence kids workshop*

**BELIEVE IN
YOURSELF**

*Be
Confident*

This fun and interactive workshop is for children aged between 11 and 15 years old.

Together we will explore and learn tips and tools to improve self-confidence, resilience and self belief.

Combining NLP (Neuro Linguistic Programming) with fun brain science, we will explore how to boost self-confidence, learn important life skills and banish those negative thought processes.

Aimed at school years 6-9, the session will give young people a variety of simple and effective techniques for developing good resilience and self confidence in a fun and creative way.

Our Incredible Kids Workshops are fun and interactive, focusing on areas such as self-esteem, building resilience, mental health, well-being, enabling children to feel confident emotionally and express their feelings appropriately.

19th February 2019 “Flourish” Your Essential Guide To Self Confidence – suitable for children aged 11 – 15 years old

Delivered by Sharon Lawton – Award Winning Coach – Natural Flair Coaching

When:

**Tuesday 19th
February 2019
half term week**

From:

9.45 am to 12noon

Price:

**Limited Earlybird
tickets £15**

Ticket Price £24

Where:

**Emmaus Centre
Church Lane,
Bishops Stortford
CM23 4BE**

To Book Contact:

**Natural Flair
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01992 446 051**

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flair.com**

