

# CONFIDENCE & SELF ESTEEM PROGRAMME

**A 6 week course for women and girls aged 12 to 25**

This course is for any young girls or women that would like to increase confidence & learn invaluable skills.

**WHEN:** Every Monday  
**TIME:** 3.30pm – 5.30pm  
**From** Mon 7<sup>th</sup> June until Mon 12<sup>th</sup> July 2021



"This workshop has been inspiring. I would like to implement this into my life. I am hoping for the best."

"Fantastic workshop, really liked the how the speaker dealt with some of the questions."

**WHERE:** Woodside High School

White Hart Lane N22 5QJ

**COST:** FREE

To book your place or for more information, please contact Sev by emailing: [info@sevnecatitraining.com](mailto:info@sevnecatitraining.com)

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