

Lessons of Immodesty

(How to build confidence)

This course provides space for participant to explore and enhance self belief and confidence.

On this Course Participants will explore:

- **Reasons/triggers of low self-esteem**
- **How to direct this energy towards self belief**
- **Self Confidence/**
- **Communication Skills / Assertiveness**
- **Moving beyond our comfort zones**

Course start date: Thursday March 19th

Format: 11.00 am – 1.00 pm for 6 weekly sessions

Venue: Trim Family Recourse Centre



To Register, Contact DNNE Recovery College:

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