

YOU...[®]

bethebestyoucan

Personal & Professional Development



Fear Busting[®]

This is an extremely popular workshop – Call Today To Reserve Your Place!

Course aim...

To create a full life using a set of tools to help you succeed in whatever you choose to do.

At the end of the workshop you will...

- ⇒ Know how to work through your fear
- ⇒ Be able to make a life you want and deserve
- ⇒ Understand the steps to achieve your life goals

Course content...

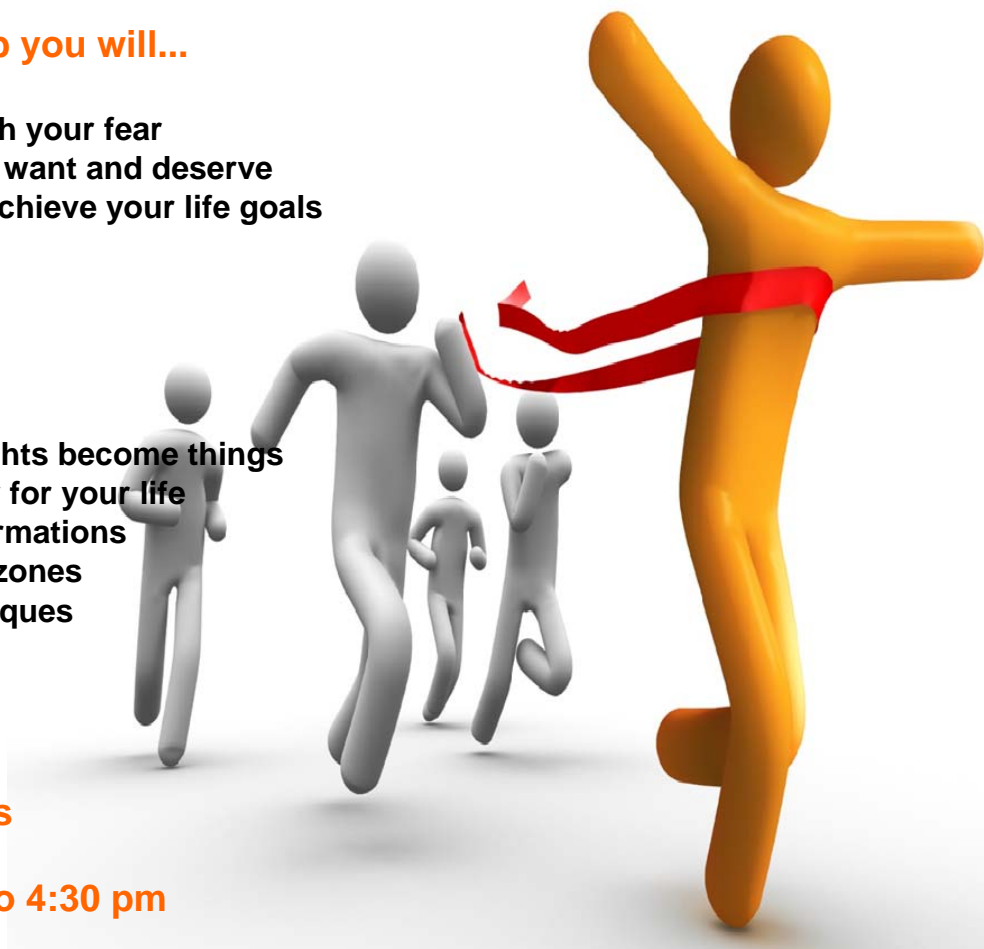
- ⇒ What is fear?
- ⇒ The first steps
- ⇒ Understanding how thoughts become things
- ⇒ How to take responsibility for your life
- ⇒ Working with positive affirmations
- ⇒ Moving into new comfort zones
- ⇒ Top 5 Visualisation techniques
- ⇒ Self-talk for success

Duration: 2 days

Includes:

- ⇒ All workshop materials
- ⇒ Refreshments

Course times: 9:30 am to 4:30 pm



For course dates please see our calendar on our website and to book in-house courses call or email our team today.

Registered service provider of the NHS. Provider No. 8WG19

Free Phone
0800 612 2878



www.you.uk.com