

YOU[©]

bethebestyoucan

"Your professional Trainer will listen, develop and deliver solutions that work for you."

Andy Garland, founder of **YOU...**

Feel The Fear And Do It Anyway[®]

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

Workshop aim...

To turn your fear and indecision into confidence and action.

At the end of the workshop you will...

- Know how to work through your fear
- Be able to make no-lose decisions
- Understand the steps to make a whole life

Workshop content...

- The truths about fear
- The levels of fear
- Understanding how thoughts become things!
- How to take responsibility for your life
- Working with positive affirmations
- Moving from pain to power
- How to work with your higher-self
- And so much more.....

Duration: 2 Days

Cost: £170

Includes:

- A copy of Feel The Fear And Do It Anyway[®]
- All workshop materials
- Refreshments

Course times:

9:30 am – 4:30 pm

Venue: St. Michaels College, Llandaff, Cardiff

Andrew Garland is authorised by Susan Jeffers, PH.D. to teach the courses based on her book, Feel The Fear And Do It Anyway[®]. This phrase is the registered trade mark of Susan Jeffers, PH.D. and is used with her permission.



It's all about you![©]

FOR MORE DETAILS AND TO BOOK ONLINE

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