

YOU...[®]

bethebestyoucan

Personal & Professional Development



Weight No More![®]

Be the weight you can be—weight no more!

Course aim...

To show you how to achieve your goal weight and improve your self-image.

At the end of the workshop you will...

- ⇒ Feel more in control around food
- ⇒ Feel motivated to take exercise
- ⇒ Feel really happy with your body!

Course content...

- ⇒ Confidence boosting tips
- ⇒ Goal setting exercise
- ⇒ Mind-body control
- ⇒ Motivational tools
- ⇒ And so much more...

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

NHSTA
NHS Trusts Association

GHsc
VALIDATED PRACTITIONER
General Hypnotherapy Standards Council



www.you.uk.com