



Feel the Fear

Strategies for Handling Life

Beverley Mind Office - Beverley

Date: Monday 22nd March 2010
Venue: 40 Norwood, Beverley, East Yorkshire, Hu17 9EY
Time: 9.15am - 4.30pm—Free course

During this 1-day course - Be prepared to learn how to...

- See yourself as having purpose and meaning
- Raise level of self-esteem and let go of negative programming
- Understand the concept of fear and how to handle it
- Create more love, trust and satisfaction in your life
- Experience more enjoyment and create a balanced life
- How to take responsibility of one's own life
- Make dreams become reality through making decisions
- Eliminate negativity and create positivity around you
- Let go of the need to control

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SUPPORTED BY I Can Handle It? ®

For further details or to book a place please contact:
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