

## REFERRALS

**For more information about the programme and/or to make a referral. Please contact below:**

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**Tel: 0151 291 8026 / 0151 291 8010**



Do you want to be more confident?

# GROW YOUR CONFIDENCE

6 week Programme

to a more confident you!!

WOMEN ONLY

Tuesday 14th January 1pm-3pm

Learn How to:

- ✓ Be assertive and set boundaries
- ✓ Boost your Self- Confidence
- ✓ Get to know yourself
- ✓ Positive Self talk
- ✓ Build your Self- Esteem



Feelgood Factory,  
Glovers Lane, Netherton, L30 5QW  
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## Grow Your Confidence Programme

### What is it & Who is it for?

This 6 week empowerment programme will help and support individuals, who have a basic level of self awareness and/or any past stressful or traumatic past experiences to either regain or self discover their personal identity, become assertive and set healthy boundaries for self care and to overall improve their mental and physical well-being.

This self empowerment programme can increase people's understanding, knowledge and awareness around lack of self confidence, self esteem and how we can as a group empower each other to grow and make the necessary changes to become more confident.

An essential area explored in this programme is identifying our thinking styles and how we can use Positive self talk to improve our mindsets in order to create a consistent lifestyle balance and take action steps for long term success.

The Target age range is adults 18+

## GROW YOUR CONFIDENCE 6- WEEK OUTLINE

### WEEK ONE

**INTRODUCTION TO THE PROGRAMME/ SELF AWARENESS & BARRIERS TO SELF CONFIDENCE**

### WEEK TWO

**SELF DISCOVERY- WHO AM I?  
PERSONAL QUALITIES & STRENGTHS**

### WEEK THREE

**ASSERTIVENESS  
COMMUNICATION & BEHAVIOR TYPES**

### WEEK FOUR

**HEALTHY BOUNDARIES & SELF CARE**

### WEEK FIVE

**POSITIVE MINDSET & EMPOWERMENT  
SELF TALK & THINKING STYLES**

### WEEK SIX

**HEALTHY LIFESTYLE  
BALANCE & ACTION STEPS**

