

# DARE TO BE...

Are you ready to move on to your **NEXT CHAPTER?**



**We want everyone to be the best version of themselves, the one that gets up in the morning, stands tall and says to themselves.... I CAN, I WILL.... WATCH ME.**

Delivered via Zoom, 2 hours per week for 6 weeks. Accredited by Open Awards.

This programme is where personal development, wellness and education meet, for women who want to re-connect with who they are, understand themselves better & move forward, improving mental & physical health, confidence and emotional resilience.

In this course, we take you on a journey of self-reflection & discovery, understanding and thinking about what you want for your life, taking small steps to work towards your goals.

You will be taken through a process of developing a personalised plan, gaining knowledge, information and tools to manage well-being, stress and anxiety, goal setting and exploring limiting beliefs, which you will learn to challenge and reframe.

**For further information, contact:**

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