

REGAINING CONFIDENCE & BUILDING SELF-ESTEEM

**Would you like to build
self-confidence and gain more
self-esteem?**

**Join this 5-week participative workshop
in order to:**

- Boost confidence, self-esteem and motivation
- Learn self-improvement techniques and skills to enable and support personal growth and wellbeing
- Develop the ability to self-reflect and better understand yourself and others



**Starting Tuesday 21 September 2021
2pm-4pm on Zoom**

MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.

To book your place please contact:
01372 375400, text 07929 024722,
email info@maryfrancestrust.org.uk
or visit www.maryfrancestrust.org.uk
To obtain a pin number, then book with
WEA online or by phone on 0300 303
3464 to receive the zoom link.
www.wea.org.uk



Inspiring Mental Wellbeing