

safe inside safe outside

For Wellbeing

Grow your Self-esteem and Confidence!

In this empowering workshop learn.....

How self esteem is created, and why you feel the way you do.

When, where and how beliefs about yourself originated, and how to change disempowering ones.

How your self talk affects you and how to Transform it.

How to breathe into confidence

Tips and techniques to improve your Confidence and self-esteem.

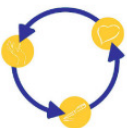


For More Information
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SAFE INSIDE



SAFE OUTSIDE



Leicestershire Partnership 
NHS Trust



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For Wellbeing

Think Your Way to Wellbeing.....

The Upwards Spiral!

Introducing Positive Self Talk

Feeling sad and blue? Downhearted and lacking in energy?

A look at why this might be.

An introduction to the Upward Spiral! and the emotional scale.

Learn how to think in more productive ways using powerful Transformational Language.

Discover empowering tips and techniques to improve your energy levels.

Learn how water, light and food can affect your mood and general Wellbeing.

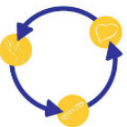
Use creative writing to express negative feelings and create positive ones!

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