



NEXT CHAPTER
(NW) CIC



#MAKEITHAPPEN

I CAN · I WILL · WATCH ME



Are you female, 18-24 and unemployed?

Do you want to:

-  **Learn to understand yourself better?**
-  **Manage your emotions?**
-  **Feel more confident and positive?**
-  **Do all those things you've wanted to do?**

WORKSHOP

Our 2 hour workshop looks at the **causes of stress**, how to recognise **early warning signs** and provide you with **simple, take away techniques** to start using straight away.

This will give you the **confidence and skills to take control** of those **difficult situations** and **#MakeitHappen**.



COURSE

Our 6 week course of **just 2 hours a week** will give you the **knowledge and confidence** to learn how to **manage your emotions**, before they manage you.

You will learn how to **develop a practical toolkit of powerful, confidence boosting techniques**, which can be used anytime, anywhere with the help of our **'Next Chapter, Re-Charge Goodie Bag'**.

We end the course with an **outdoor retreat at Bidston Hill**, which includes **relaxation, team building, shelter building, craftwork and marshmallows around the campfire!**

DELIVERED AT TOMORROW'S WOMEN WIRRAL

Beckwith Street East, Birkenhead CH41 3JE

Also available at other locations

Booking essential

FOR MORE INFORMATION

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CLAIRE OWENS



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