










MY BODY AND ME UK

Women's Personal Development
Confidence  Motivation  Self Esteem

My Body and Me Course/Workshop & Edutainment

Boost Confidence ✓ Motivation ✓ Self Esteem ✓ Assertiveness ✓
Communication Skills ✓ Personal Impact ✓ Body Image ✓

-  Boost your confidence and self esteem
-  Be better organised, motivate yourself, achieve goals and outcomes
-  Develop body language, speak out and communicate more effectively
-  Develop and improve interpersonal relationships at home and at work
-  Have understanding of assertiveness and push personal boundaries
-  Feel positive about you, your abilities, your age and your body
-  Be inspired, make new connections and have fun while you learn

Interactive Training ★ Group Activities ★ Open Discussion



What do women say about My Body And Me?

*"Really enjoyable; wide range of topics from communication to body image...and spirits lifted.
Sylvia O'Grady, Lifelong Learning Manager*

*"Very enjoyable, challenging and motivating...
everyone took something away that will be useful
in future life events.*

Lorraine. C. Ross, Director of Care. Erskine

Course Facilitator - Terry Neason **TLC Powertalk**
Development Diva & Award winning Performer

*"Join me for this down to earth day dedicated to your
Personal Development. You will take away
techniques and practical skills to benefit you
personally, socially and in the workplace. This
learning experience will positively transform how
you think, feel & behave; hence My Body and Me.*



GLASGOW - 14 JANUARY 2012
LONDON - 21 JANUARY 2012

Book online: www.mybodyandme.co.uk