



Funded by



# GROW

## Skills For Living

Find your direction in life and develop confidence and assertiveness skills through a theoretical and practical 4-week zoom course. This will be delivered by a qualified and experienced therapist and was produced in collaboration with Mind-Growth Mastery CIC

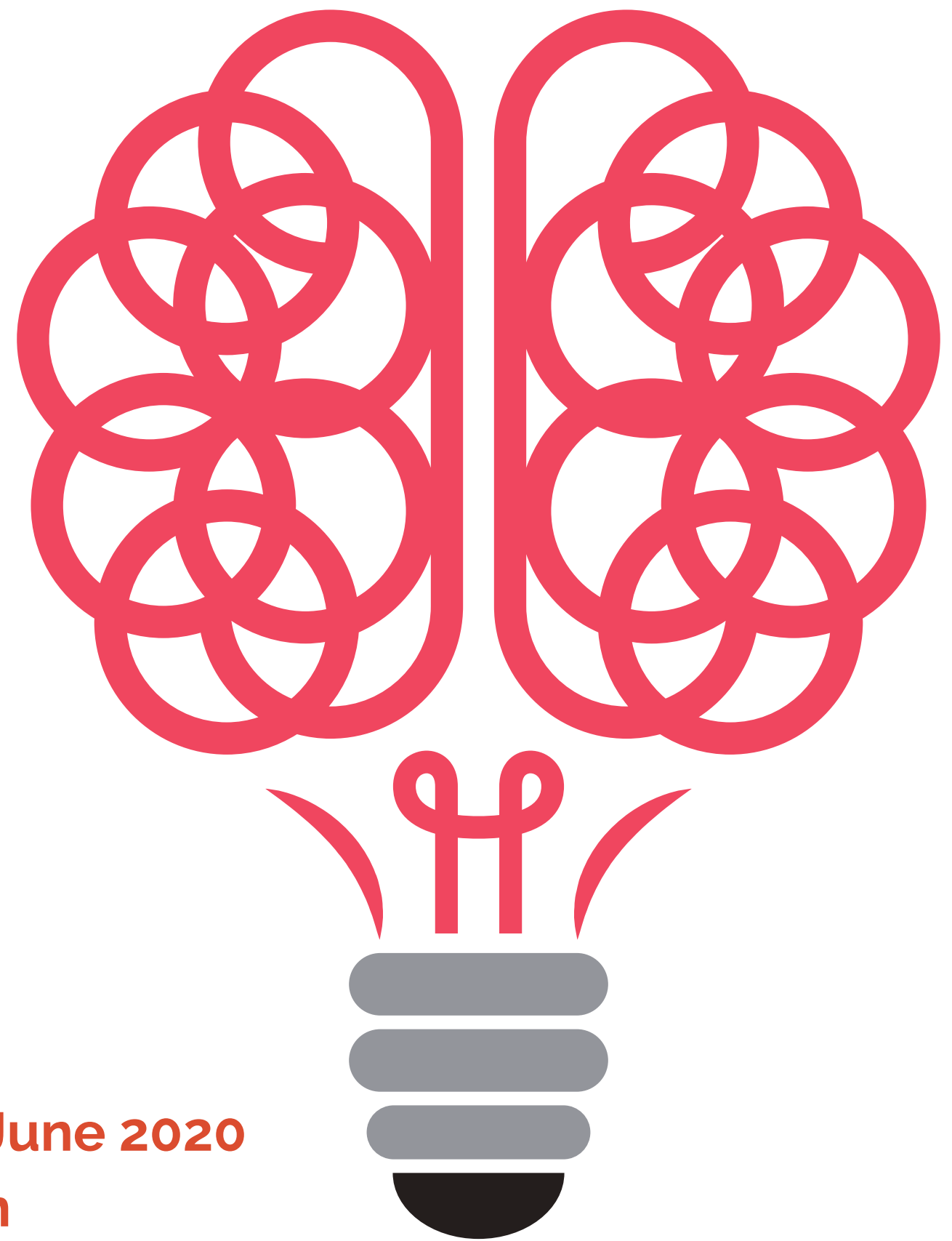
The sessions will give you an introduction to the i-GROW model for confidence:

Use your **GUIDE** to take you towards what matters

Become **READY** for action by setting realistic goals

Be **OPEN** and observing, using Mindfulness skills

Use **WISE** mind to make decisions & choices



**Join via Zoom**  
**Thursday 28 May, 4, 11 and 18 June 2020**  
**from 10am to 11.30am**

To book, please email: [courses@workstressolutions.org.uk](mailto:courses@workstressolutions.org.uk)  
or call: 07759 303 225

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