

in collaboration with King's College London (PNM/09/10-65)
FREE workshops for people who live in Croydon

How To Improve Your Self-Confidence:

Workshops to help you feel less negative about yourself



Would you like to learn how to:

- Believe in yourself more?
- Handle times when things don't go your way?
- Be more effective in what you do?
- Put yourself down less often?

If so, you might like to come to one of our day-long workshops.

They will be held on selected **SATURDAYS**
in **APRIL** and **JULY**

at the Croydon Conference Centre,
Folly's End, 5-9 Surrey Street, Croydon, CR0 1RG.

The first step is to book yourself a place at the Introductory Talk taking place on **26th March 2011** by telephoning us on 0203 228 3406 or e-mailing us at self-confidenceworkshops@kcl.ac.uk