

## Introduction to Confidence Building (ICB)

Introduction to Confidence Building is a 5 week course at 2 hours per week looking at a basic introduction to confidence building tools and techniques. The course is designed for you to 'dip your toe in the water' of WEB Merseyside's training provision without sharing too much of your own story. The course is delivered in a warm, friendly environment to small groups of 10 women maximum. You can meet new people, learn new things and have fun whilst learning practical tools and techniques to boost your everyday happiness and self-care.

Please contact WEB to enquire about upcoming dates on 0151 653 3771.

## Pathways 2M Powerment (P2MP)

P2MP is our award winning confidence and self-esteem programme. This programme uses lots of art and play therapy techniques to allow you to explore things you choose to in a safe and enjoyable way. The course is designed to facilitate a safe space using story-telling, meditation and mindfulness to encourage you to be more loving and kind to yourself so that you may lead a happier, more fulfilled life. The course has been described as 'transformational' and 'life changing.' There is simply something about being in a small group of other women who are encouraging you to feel the happiness you have always deserved. Call us to be added to the waiting list!



## WEB Merseyside Training Leaflet For Women

"The minute you walk in to WEB you are made to feel so welcome....I feel so relaxed when I walk in"

"I've been to counselling before but this is what changed things for me"

"I like that I can learn at my own pace. I've liked meeting the other women as I've been quite isolated"

"I know I'm not on my own now"



Esmée Fairbairn FOUNDATION



BBC Children in Need

# Mini Courses

(please check website for most recent dates)

[www.webmerseyside.org](http://www.webmerseyside.org)

WEB offers a range of mini courses that women can dip in to for 2 hours at a time. All courses are delivered by friendly staff to small groups of women. All training is fun and informal. Everything we do is at your pace and you can do it your way with no pressure. We deliver these mini courses to a maximum of 10 women, therefore if you would like to sign up please contact WEB on 0151 653 3771 to book a place. All courses below take place **1.00pm – 3.00pm** at Gautby Road Play & Community Centre, **69 Gautby Road Birkenhead CH41 7DS.**



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WebMerseyside



## **17<sup>th</sup> November 2016 - Introduction to**

**Affirmations** – Learn about what affirmations are and how to use them. Learn about the power of your thoughts and hear about simple brain training techniques that can help you feel happier and more confident each day.

## **1<sup>st</sup> December 2016 – Emotional Boundaries**

**Training** – Learning how to manage your own and other people's emotions in a way that is healthy. Learning how to own your feelings and be heard without conflict.

## **15<sup>th</sup> December 2016 – Mindset Training –**

Explore what it means to have a fixed mindset vs a growth mindset. Learn how to work with your brain to open yourself up to new opportunities and experiences without fear.

## **12<sup>th</sup> January 2017 – Introduction to Coaching**

– Learn what coaching is and how it can help you to realise what you want and also how to get it. Learn about NLP (Neuro-Linguistic Programming) & answer some magic questions to uncover what it is you really want and deserve.

## **26<sup>th</sup> January 2017 – The Art of Self-Love –**

Learn some tools and techniques of self-care that can help boost your confidence and self-esteem. Learn how to like and appreciate your qualities.

## **9<sup>th</sup> February 2017 – The Law of Attraction**

**Workshop** – Learn all about the Law of Attraction and how by using some simple tools and techniques you can attract the things you want in life.

## **23<sup>rd</sup> February 2017 – The Power of Gratitude –**

Learn about the power of gratitude and how by using some simple daily gratitude practises you can attract more health, well-being and happiness

Please note that to attend training sessions you must call and **BOOK YOUR PLACE** as there are limited slots available. To book a place or to ask us any questions please ring WEB and ask to speak with Danielle on 0151 653 3771