

# Moving to Empowered Program

An award winning women's work and personal development programme for survivors of domestic abuse



Do you doubt yourself and your abilities?  
Are you unable to progress your work life?  
Do you have little or no confidence or self esteem?

★ Then this is a program specifically for you ★

- ★ Confidence building
- ★ Realistic self-assessment
- ★ Defines the aspects of being a woman
- ★ Helps identify priorities
- ★ Assertiveness skills
- ★ Setting practical yet realistic goals
- ★ Improves your health
- ★ Manage stress
- ★ Presenting a positive image
- ★ Improved communication skills
- ★ Building better relationships
- ★ How to build networks
- ★ Empowering your working life

## Workshop Dates 2019

Sept 5th

Maid's Head Hotel,  
Tombland

Oct 3rd

NR3 1LB

9:30 - 16:30

Oct 31st

Refreshments and lunch provided  
Car parking available at venue

Nov 28th

Email or call for a referral form



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