



**The beauty of
who we are
is all there,
waiting
to be released.**

THE POWER OF SELF ESTEEM: JULY 13 & 14

- Reduces your self criticism and negativity
- Increases your possibilities and creativity
- Gives you tools for continuing self support
- Strengthens your love of life and who you are!

A course in building on and building up you self esteem
FREE PREVIEW EVENING JULY 2: 7.30 – 10.00

What others have said about the course....”I found the work powerful and exciting and look forward to using it to make changes in my life.” “I appreciate having practical strategies that feel do-able.” “It is very deep and ‘hands on’, very serious but a good many laughs. Amazing really!”

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Click on: leapfrogtraining.co.uk for a brochure, more information or to register.

Costs: £220 in full time work. £175 in part time work. £100 conc
Full money back guarantee if it doesn't work!

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