



Want to build up your self-confidence alongside other women?

If at times you feel powerless to speak up, lack confidence in certain situations and wish to take steps to increase your self-esteem then this is for you.

Starting in January 2019 we are offering workshops in a safe and calming community space, for women of all ages.

This will be an interactive experience, where we aim to share with and inspire each other, learning techniques to empower and motivate you on a journey towards personal growth and self-awareness.

These Be Wonderful Women's Workshops will take place at Milton Village Hall, 182 Milton Road, Portsmouth PO4 8PR (with plenty of parking and public transport).

What do you need to bring? Be yourself; an open mind and loose clothing.

The next step is easy - secure your place on one or all of these life affirming workshops. View further details and book on-line at:

www.bewonderfulwomen.co.uk

or call Andrea & Alison on 07772 714 807



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