



# Be Wonderful Women's Workshop

EMPOWER YOURSELF

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All Women, All Ages, All Communities

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

This workshop, taking place over six weeks, will help you to manage and improve your self-confidence, physical and mental wellbeing

Thursdays, 7.00pm - 8.30pm, 4th October - 15th November 2018  
at the Mountbatten Centre, Alex Way, Portsmouth PO2 9QA

Facilitated by Andrea (Psychotherapist) and Alison (Pilates Instructor) who have experience in their respective fields

Price £180.00. For further details call 07772 714 807 or view:

[www.bewonderfulwomen.co.uk](http://www.bewonderfulwomen.co.uk)



Be Wonderful Women



@BeWonderfulWom1



bewonderfulwomen

Sign-up and The Mountbatten Centre will provide you with a FREE 5 day pass to its facilities



## Be Wonderful Women

is a Portsmouth based organisation set-up by women to offer ALL women, of ALL ages and from ALL communities the opportunity to boost their self-confidence and self-esteem

### These workshops will help you to

learn techniques to empower, motivate and inspire you on a journey towards personal growth and self-awareness

### What will you be experiencing?

The workshops incorporate elements of body work, discussions, useful tools and techniques in helping to manage and improve your mental wellbeing. This will be interactive and explorative, based in an intimate, safe and calming space

### What do you need to bring?

Be yourself; an open mind and loose clothing

