

CONFIDENCE BUILDING COURSE

**Reaching you where you are,
placing you where you ought
to be!**



Book Now*

Register today at www.philippasmithcreative.com/courses-confidencebuilding

*Subject to availability



CONFIDENCE BUILDING COURSE

Topics Covered

Identity

Self-Esteem

Facing fears

Assertiveness

Overcoming Obstacles

Setting Boundries

Resilience

Plus More..

For more information contact:
info@philippasmithcreative.com
or www.facebook.com/philippasmithcreative



CONFIDENCE BUILDING COURSE

Course Information

This course is tailored for both individuals and groups, with a strong emphasis placed upon practical exercises to support learning outcomes.

The course takes place online on a weekly basis. Group sessions are 60 to 90 minutes in length, depending on the group size and individual sessions are 40 minutes long.

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CONFIDENCE BUILDING COURSE

Individual Packages and Group

3 Weeks
to Explore

6 Weeks
to Build

10 Weeks
to Win

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