

Strengthening Families - Strengthening Communities

Life Coaching Session - Confidence

Askham Grange Womens Prison. Jan 2010

What was fantastic?

'I felt very encouraged to look inside myself and I know that I need to stop being so negative about everything, as I can be positive'

'I feel very inspired for my future now'

'All of it (was fantastic)'

'Everything about it was brilliant and I would have liked even more time'

'Talking about and understanding that only you can bring you down.'

'Understanding confidence comes from within and how to bring it to the forefront'

'the excitement of the coach in putting over that "you can do it"'

'The realisation that it is ourselves who can change.'

'I thought today was good it made a lot of sense and made me think differently. Thank you'