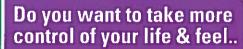
## Confidence & Assertiveness Building

Does lack of confidence make you feel...







You are never too old to improve your confidence and assertiveness. This 9 session course will offer you the opportunity to gain skills and tips to break old habits, say 'no' and mean it, take a more assertive role in your everyday life and possibly change you forever.



RIVERBANK SCHOOL 2012/18-01/05/2018 1pm-3pm

Booking is essential



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