

Build Confidence and Communication Skills - **ASSERTIVENESS** Workshops

Learn how to communicate your views and feelings clearly, calmly and confidently and boost your self esteem at the same time

The workshops are highly practical with methods to help you work out the patterns of behaviour that hold you back and stop you from getting what you want out of life

Carol Daniels PG(Dip)Psychosexual Therapy BA(Hons) Psychology/Sociology CQSW PGCE MBA

Carol is trained and experienced in group-work techniques and has been running workshops on a range of topics for over 20 years. She has a particular interest in helping clients to gain insights and learn practical techniques which they can use to improve their lives.

**At Cornerstone Counselling & Therapy Centre
99 Murray Road, Sheffield. S11 7GH**

Saturdays 3pm to 5pm
October 3, 10, 17, 24, 31 and November 7, 2009

Course of 6 weekly sessions, total cost £120

For more information and a booking form please contact:

Enquires: Telephone: **0114 267 8613**
Email: **info.cornerstone@googlemail.com**

