



Assertiveness Training Course

Your voice matters

--> let it be heard !!!

Wed, 6th Aug - 10th Sep at 6.30pm

Do you crave to communicate with confidence, and create the life you deserve?

Angelika Barnes Coaching offers a transformative **6-week course** designed to help you:

- ✓ Boost your self-esteem and self-worth
- ✓ Set boundaries that protect your time and energy
- ✓ Handle conflict with clarity and poise
- ✓ Speak up without fear of judgment

Who Is This For?

- ✓ if you are struggling to say "no"
- ✓ if you are hesitating to share your opinions
- ✓ if you are wanting to build stronger, healthier relationships
- ✓ women only for this particular intake (other groups will follow, so please register interest)

What You'll Get:

- ✓ Weekly interactive 90 min workshops
- ✓ Practical exercises to practice assertiveness skills
- ✓ Expert guidance and personalised feedback
- ✓ A supportive community to cheer you on

Location: 276 Nayland Rd, Stoke

Investment: \$349



Don't wait for change—create it yourself!

www.abcoaching.com

Spots are limited to ensure quality group work, so secure yours today.

Book now on Eventfinda or call 021 1105 395