



## Create Your Future

# One to One Coaching Sessions

Build your confidence, discover your life direction, focus on your employment, study or business goals



### When?

Wednesdays  
11am - 2pm  
From 18 April to 26 Sept

### Where?

Hackney CVS  
The Adiaha Antigha  
Centre  
24-30 Dalston Lane  
E8 3AZ

### Cost?

These sessions are free\*

To book an appointment call Natasha on 020 3488 3496 or email [enquiries@lifeformulas.co.uk](mailto:enquiries@lifeformulas.co.uk)

\*These sessions are funded by The Big Lottery Fund and European Social Fund for economically inactive and long term unemployed Black, Asian and Minority Ethnic (BAME) women who have the right to work in the UK.