



Create Your Future

Personal Development Workshops and Coaching

Become part of our supportive and encouraging group.
Learn life strategy skills to **increase your confidence** and **wellbeing**,
solve problems, **manage stress** and plan for your **successful future**.



Info & registration day

Thursday 18 October 2018

Workshop dates

Every Thursday

1 November 2018 - 31 January 2019

9.30 - 11.30am

Where?

Thomas Fairchild Children's Centre,
Napier Grove, Hoxton, N1 7HX

Cost?

These sessions are free*

For more information call Natasha on 020 3488 3496
or email enquiries@lifeformulas.co.uk

*This programme is 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.

