
EMPOWERMENT FOR WOMEN

AIMS: To provide practical and simple real life information, strategies and techniques in empowering women to achieve their goals and over riding negative behavior and patterns.

OUTCOMES: This course can cover the following main areas:

BECOMING AWARE OF YOURSELF

LEARNING TO BE CONFIDENT AND ASSERTIVE

UNDERSTANDING FEAR, STRESS AND ANEXITY

SPACE TO SHARE

TOOLS & TECHNIQUES

THE LAW

PRE-REQUISITES: None.

WHO SHOULD ATTEND: Females that may feel that they are not achieving their full potential, may have been victimized in the past or currently having issues around achieving their goals because of old habits.

This course will be carried out over a variable period, (times to suit the organization). It provides valuable knowledge for empowering. It's about engaging women and allowing them to feel confident and assertive in their own lives. The course will give invaluable information and tools for women to learn how they can manage their own lives without becoming totally dependent on others. How they can feel empowered to achieve and live the lives they want too without being judged.

DETAILS

Cost of course:	Details on application	Max delegate no:	Room Size
Duration:	Flexible	Min delegate no:	one
Contact:	Sev Necati info@sevnecatitraining.com	Dress Code:	Comfortable