



Life in a spin? Lacking confidence?
Want to achieve your potential?
Help those close to you achieve theirs?

Take Steps To Excellence

Supporting self-esteem and well-being

It's about taking steps for your own personal success.
It's easy and FUN.

There are 6 sessions covering a total of 18 hours

Not to be missed by anyone wanting to enjoy life more...

Cost: £15 per session

Attend 5 or more sessions and receive audiotapes and manuals to take home
and keep you on track

Do you know anyone who would like to take STEPS?

Courses are held at local venues at times to suit you

Please contact: Kate Peters @ Focus on Families

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