



FROM STRESS
TO SUCCESS



INNER SOLUTIONS
LIFE COACHING

WELLBEING COURSES

FIVE MODULES COSTING ONLY £150 PER DAY

INNERSOLUTIONSLTD.CO.UK

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OUR WELLBEING PROGRAMME INCLUDES FIVE MODULAR SESSIONS:

-  BUILDING CONFIDENCE AND SELF ESTEEM
-  STRESS MANAGEMENT
-  RESILIENCE
-  PHYSICAL WELLBEING
-  WHERE ARE YOU NOW?

DELEGATES SHOULD AIM TO ATTEND ALL SESSIONS, BUT CAN BE OFFERED STAND-ALONE SESSIONS IF REQUIRED

CONTACT US NOW FOR MORE INFORMATION ON BOOKING YOUR 2023 TRAINING COURSES

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