



*“This course is one of the most powerful courses I’ve ever done. What sets it apart from others is that rather than talking about what you should do to change, the course teaches simple and practical tools which enable you to change. You practice the tools during the course, and then use them in your daily life”.* Natasha, Financial Advisor

## Self doubt holding you back? Lacking in confidence?

Do you have the sense you’re holding yourself back? Do you lack ‘real’ confidence inside even if you do a good impression of appearing confident? Are you self-critical, accusing yourself of not doing or being enough regardless of your achievements or how hard you work?

Self-esteem is our idea of our own worth. Associating it with external measures such as our achievements or the positive regard of others can leave us feeling dissatisfied and unfulfilled.

## High self-esteem, regardless of success or failure

The Power of Self Esteem is a transformative personal development programme that will teach you how to maintain your sense of self-worth at all times, regardless of what’s happening

## Enhance your self-esteem & step free

around you.

You will learn practical wisdom and simple yet powerful tools to enhance your self-esteem. And, with that you will develop your ability to:

- be more resilient in the face of adversity or challenges
- identify when your self-esteem is low, and know how to get it flying again
- access more of your inner potential
- get off your own case about how you ought to be so you can be more of who you are
- get what you want for yourself in your life
- inspire others to esteem and value themselves too.

## The world’s largest self-esteem enhancement programme

The Power of Self Esteem is taught across four continents and is currently the world’s largest programme of self esteem enhancement. The course is trained in a warm and supportive atmosphere with a group of 6 people. It is open to men and women of all ages.

Trainers are licensed by The More to Life Foundation.

The course is CPD accredited.



The Power of Self Esteem will enable you to:

- Develop and maintain your sense of self-worth regardless of your achievements and what others think of you.
- Let go of the self-imposed demands and accusations that cause you stress.
- Become more resilient to access more of your creativity and potential.
- Get the results you want without endlessly driving yourself long and hard.
- Learn to better understand the behaviours of others – so you enhance your relationships.

## Upcoming course dates:

### October 2017:

Thursday 12 October 09:30-18.30, and Friday 13 October 09:30-19:00.

**Where:** In a beautiful retreat-like setting on the edge of Guildford, Surrey



### Your trainer:

Jo Maughan is an experienced trainer, facilitator and coach. Her background is in tax, where for 20+ years she led teams of tax professionals in BP plc and PwC.

Visit [www.jomaughan.co.uk](http://www.jomaughan.co.uk)

For more information or to register contact: Jo Maughan at [jo@jomaughan.co.uk](mailto:jo@jomaughan.co.uk) / 07771 542457

Total Fee for 2 Day Transformative Course is £950, plus you get:

Bonus 1: Supporting Audio Material: **Value £48**

Bonus 2: Two hour 1-1 coaching session with Jo after the course to embed your learning: **Value £950**

Bursaries are available. Payment plans are available. Contact Jo for details.