



are pleased to offer this one day workshop

## FEEL THE FEAR and DO IT ANYWAY® Susan Jeffers PhD

FEAR is a powerful emotion that often stops us from taking action, whether it's trying for promotion, delivering a presentation, starting a new relationship, new business etc. It could be that you fear rejection, failure, expressing your opinions, making decisions etc., all of which hold us back.

If YOU or someone you know have similar fears (and we all do!), take Susan Jeffers advice and "Do It Anyway". You can take advantage of attending this exclusive workshop based on Susan's best selling book "Feel the Fear and Do it Anyway®" run by Jan Rilatt, one of only a few people in the United Kingdom with a licence to do so.

**Target audience:** Aimed at people who want to make positive, lasting changes in their lives.

**Aim of workshop:** To provide "tools" to enable and empower you to:

- Calm your negative self-talk
- Change your negative thinking to be more positive
- Be more confident and raise your levels of self-esteem
- Cope with those who don't way you to "grow" and develop
- Discover what your purpose and meaning of life is
- Live a more fulfilling and rewarding life
- Make decisions .....and much more

**Duration:** One (1) day Time: 10.00 - 16.30

**Dates:** To be confirmed

**Venue:** To be confirmed

**Facilitator:** Jan Rilatt, Personal Development coach and Trainer of **youplus**

**Price:** £99 per person (includes full day workshop, lunch and refreshments, a workbook and a copy of the "Feel the Fear and Do it Anyway" book.

**To book a place:** email [info@wrightmindtsl.co.uk](mailto:info@wrightmindtsl.co.uk) or via [www.wrightmindtsl.co.uk](http://www.wrightmindtsl.co.uk)  
phone 01724 858799

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