The confident me

By Marina Fernandez Julian

Who is the confident me?

Someone with a strong self-esteem, confidence, self-belief, power to co-create your life...

Why do we feel frustrated and unfulfilled?

- We all want to succeed and be happy
- But something fails along the way.
- We give up
- We put all sorts of excuses

The importance of choice

- How important is this for me?
- How much do I want this?
- What am I willing to do to make this happen?
- What is holding me down?
- Who is my worst enemy?

What is failing us?

Lack of self belief

What others may think

Sense of inadequacy

Revisiting the past

What would you do if you knew you had the power, belief and and confidence in yourself



Revelation

The biggest regrets are not the things we did and came out wrong, it is what we didn't that we regret for life.

- You can make the decision to change.
- To be at peace with your heart and mind

Together we can bring your life back to life



How are the workshops delivered?

- 3 sessions
- 2h 30mins each (every other week)
- Text support during the week
- Delivered in small groups of 4 or one to one

You will gain

- Strong self-esteem
- Confidence
- Power to co-create your life
- Zest for life
- Balance between head, heart and soul

Contact information

www.marinazestforlife.com

Phone: 07901920907

marinazestforlife@gmail.com