

STRENGTH

Strength is a unique program for men that uses an inspirational, practical and experiential approach to build self esteem, self confidence and resilience.

This program will help you to:

IDENTIFY yourself as valuable

BUILD self confidence, self awareness and courage

DEVELOP decision making and problem solving skills

UNDERSTAND how you can have a positive influence

IDENTIFY and *ACHIEVE* personal goals

Limited places available for this free program commencing on Wednesday 7th October.

For bookings contact Day to Day Living Program – 4991 1997

