

Boost Your Confidence! A free course for adults in Chesterfield

Boost Your Confidence

A free course of 3 sessions,
two hours each.

Starting in Spring 2025 at:

- Barrow Hill,
- Holme Hall,
- Middlecroft,
- St. Augustines,
- Chesterfield Centre

- **Find your voice**
- **Learn how to say 'no'**
- **Feel more confident**
- **Feel more motivated**
- **Strengthen your boundaries**

Text 'confidence' to 07736 243 392

We'll call back to chat about what the
course can do for you.

www.feelingconnected.org.uk



**Feeling
Connected**



This course will help you understand where confidence comes from and how to give yours a boost!

Over three 2-hour sessions, you'll discover ways to feel more motivated, find your voice and strengthen your boundaries.

Sessions will be held in the following areas: Barrow Hill, Holme Hall, Middlecroft, St Augustines, and Chesterfield centre.

All the details are here: <https://www.feelingconnected.org.uk/boost-your-confidence>

Delivered by Feeling Connected, a DVA project. Funded by Chesterfield Borough Community Grant Fund.