



The Effective Training Company
invites you to a **FREE** 2-hour sampler
on a
Personal Development Programme for Women
On 09-11-17 at 10:00 'til 12:00

The two-hour session is a chance to discuss the topics,
of the Programme which covers:

- ✧ Confidence Conquered
- ✧ Improving Tolerance
- ✧ Happiness Multiplied
- ✧ Tapping into Creativity
- ✧ Achieving Personal Goals
- ✧ Mindfulness Everyday

and to discuss your motivations with the Trainer.

For half-a-day per topic, once a fortnight, the Programme is
completed over 3 months.

To learn more, please collect an information sheet at the
main desk of the Management Centre, Bangor University.
Alternatively, you can speak to the Trainer direct on:

07976 205 127 - Elizabeth Johnson, Trainer.