



before we build your dream
we measure your ocean

Improve your Confidence Workshop

*“The opponent inside your head is more formidable than
the opponent on the other side of the net”*

Timothy Galwey

- Do you look at others, and wish you had their confidence?
 - Do you dread the idea of speaking in meetings?
- Do you wish you could change your job, your car, your life
 - but never do?

We can be our own worst enemies when it comes to having
the confidence to achieve the things we want for our lives
- we can sabotage ourselves with our own limiting self talk.

Date: 16 Mar 2010 • Cost: £695+VAT

Date: 5 May 2010 • Cost: £695+VAT

Date: 5 Oct 2010 • Cost: £695+VAT

Venue (All): Muika Associates: 54 Clarendon Road, Watford, Herts

Our workshop can help you identify:

- What causes your lack of confidence;
- The limiting self talk that can sabotage your life
 - and when this is most likely to occur
 - and turn this into positive talk,
that drives you towards achieving your goals;
- The vision you want for your life;
- How to have confidence in everything you set out to achieve.

To contact us: Telephone: 01923 431 718

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or please see our website at: www.muikaassociates.com

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