

# Women's Group

*Women's weekly evening group, near Wellington, Somerset- starting soon*



- Small group size, 8-10 max
- 10 week course, 1.5 hours per week - 6.30-8.00pm
- Group closed to new members during the 10-week course
- Content of the 10-week course will be defined by it's members but could include areas such as:
  - Work/life balance
  - Handling stress
  - Improving personal and professional communication
  - Increasing self-awareness
  - Finding your direction
  - Developing your confidence and self-belief

Providing a mixture of coaching and counselling to give you the support and encouragement you need to help you get the most out of your life!

If you are interested please call or email, for more information and to book your place.

Group run by an experienced, qualified, female, coach and counsellor, £15 per session (paid in advance for 10 week course)

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