

WRITING FOR SELF DISCOVERY

NEW YEAR, NEW YOU



Journal Writing Therapy Workshops with Charmaine Pollard

Sat 14 Jan 2012

Clarifying your Purpose for 2012: 10am- 1pm

Thu 2 Feb 2012

Working with your Inner Critic: 6pm-9pm

3 Mar 2012 Opening the Heart

Clearing negative thoughts and feelings: 10am- 1pm

Discover how to:

Awaken your creativity

Stay on track with your goals

Be more focussed

Relaxation *Peace*
Clarity *Calm*
Freedom

Book Early as places are Limited

**Call Now: on 0115 970 5947 / 07961 016 334 or to book online visit:
www.charmainepollardcoaching.com**

Investment: Only £27.00 per workshop

Book all three for £75.00

Charmaine Pollard
● ● ● Coach & Counsellor

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St. Leonard's Community Centre

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