



# **Feel the Fear**

# **Strategies for Handling Life**

## **Beverley Mind Office - Beverley**

**Date: Monday 22nd March 2010**  
**Venue: 40 Norwood, Beverley, East Yorkshire, Hu17 9EY**  
**Time: 9.15am - 4.30pm—Free course**

*During this 1-day course - Be prepared to learn how to...*

- See yourself as having purpose and meaning
- Raise level of self-esteem and let go of negative programming
- Understand the concept of fear and how to handle it
- Create more love, trust and satisfaction in your life
- Experience more enjoyment and create a balanced life
- How to take responsibility of one's own life
- Make dreams become reality through making decisions
- Eliminate negativity and create positivity around you
- Let go of the need to control

**ORGANISED BY HULL & EAST YORKSHIRE MIND**  
**SUPPORTED BY I Can Handle It? ®**

**For further details or to book a place please contact:**  
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