



Time for Change?

If we don't change, we don't grow, and if we don't grow we are not really living. *Gail Sheehy*

Some people like the idea of very personalised individual coaching, while others are attracted to a group environment.

If you are ready to

- ✓ explore your potential as a woman
- ✓ identify some of the limiting beliefs that may be holding you back
- ✓ move forward with the support of a like-minded group of women

then a Power Circle could be your next step.

Each circle meets weekly for 90 minutes over a period of six weeks. Group size is limited to 6. Total cost for the series, including a copy of Rosjke Hasseldine's book "[The Silent Female Scream](#)" is only £90.00

Next Circles start at The Sanctuary, Newton village NG13 8HN on:

Monday 28 February 7.15 – 8.45pm

Monday 9 May 7.15 – 8.45pm

For further information or to book your place, contact Sue Daly now on 0845 458 8273 or email wpc@resolutions-for-change.co.uk

