

## **LIFE COACHING FOR WOMEN**

**Teresa Rich**  
**ITEC, MIGHT, IFL**  
**Lecturer, Speaker, Practitioner**

*Teresa Rich delivers Seminars to therapists and business's based around the UK, Northern Ireland, and Glasgow. I have also delivered seminars with audiences of 150 plus at Health and Beauty Exhibition, Donnington Park ,Excel Exhibition in Holistic Health in London and Holistic Health, NEC Birmingham. She has also written articles in national beauty magazines.*



### **Course Outline**

By the end of the workshop, students will be able to:

- \* Set productive goals
- \* Build their own personal power and exude self confidence
- \* Show motivational skills
- \* Demonstrate a positive mental attitude to the goals they have set
- \* Use Metaphysic and visualization techniques

### **Testimonial:**

**Teresa discussed options with me, the ideas are always my own and in every sense of the word Teresa is the facilitator. I came away from my life coaching sessions re-energised and with a clear sense of how I was going to achieve my goals.**

**The life coaching has helped me focus. I know have a very clear idea of what I want and how to achieve it. Now, I have very definite goals and I am on my way to achieving them.**

**Thanks Teresa!" "**

**Gillian, Dorchester**  
**[www.unicare.org.uk](http://www.unicare.org.uk)**

<b>Course Venue</b>	<b>Bournemouth, (just off A338)</b> Directions will be emailed out to you upon receipt of your enrolment	<b>Venue contact details:</b> 01202 295910 07855589892
<b>Delegates</b>	No previous experience required.	
<b>Course Times</b>	<b>10am – 4pm</b>	Please arrive 15 minutes early for registration
<b>Price</b>	<b>£45.00</b>	
<b>Maximum Student Numbers</b>	<b>6</b>	The delegates will also gain a certificate stating that they have attended an “Introduction to Life Coaching Workshop”.
<b>Refreshments will be provided throughout the day however <u>lunch is not provided</u>. Lunch can be purchased from the local shops or delegates are welcome to bring a packed lunch.</b>		
<b>Parking at the venue / other venue information</b>	Parking available. The school is situated up one flight of stairs with no disabled access.	
<b>Payment Details</b>		
Once payment has been successfully received, confirmation from Footprints will be forwarded to you within 24/48 hours (Mon-Fri) of the booking. Payment will only be taken if your booking has been successful.		
<b>Thanks</b>		
Thank you for visiting this website. Please feel free to contact us, for just an informal chat or instructions on joining the workshops. We would be delighted to hear from you. Kind Regards <b>Teresa Rich</b>		
<b>Terms and Conditions</b>		
By purchasing a workshop place you are agreeing to the following:		
<p>Courses are refundable up to 14 days prior to the workshop date. However, an admin fee of £10.00 is charged upon each workshop cancelled. You may send a substitute delegate providing they meet the workshop criteria.</p> <p>We reserve the right to cancel the workshop date. In this case we will notify you 7 days prior to the workshop date, and advise you of an alternative date/venue or provide you with a full refund.</p> <p>In the event of a workshop cancellation with under 7 days notice, a new workshop date, or refund will be organised for you. However, in this instance Footprints are not liable for travel expenses, child care, potential loss of income or any potential associated costs.</p>		