



The Possibility Programme – *Live Your Best Life*

Are you feeling under pressure?

Coping with tough challenges?

Searching for possibilities?

Is your thinking blocked?

If your answer to any of these questions is yes, then we can help you find a different way to look forward, move forward, and find solutions. Life Coaches, Nicola Scully and Liz Rafferty, aka The Possibility Illuminators, present this course

The Possibility Programme - *Live Your Best Life*

In Boyle Family Resource Centre, Boyle, Co. Roscommon

Dates: Friday 25th September until Friday 13th November 2020

Time: 9.45am – 11.15am

Each morning will focus is on a different topic. Topics include:

1. Values and Beliefs
2. Thoughts
3. Manage Your Thoughts/ *'The Inner Critic'*
4. Build Your Faith and Strength
5. Self-Compassion and Self-Care
6. Relationships
7. Manage Your Anger
8. Adjust Your Attitude

Cost of the course is €120. Payment to be made in advance of course. Non-refundable deposit of €50 to be paid on booking.

Further details contact:

Email: thepossibilityilluminators@gmail.com

Telephone: 087 2228302 (Nicola) / 085 8169948 (Liz)