

GROW BLOSSOM

Restoring confidence Growing healthy self-esteem Connecting in a nurturing group Grounded in God's love

Embracing new beginnings

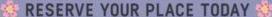
Starting January 2026

JOIN US

An online programme, for women

consisting of 8 weekly sessions commencing

Thursday 15th January, 9.30-11am





CONTACT Sarah: sarahlou13796@gmail.com or Hannah: Hannah@claimyourworth.co.uk for more information

Self-Esteem Course

BLOSSOM FLOURISH

Find your voice Strengthen your heart Walk in hope

MEET SARAH

ACC. MBACP. BA HONS Diplomo in Therapeutic Counselling

Hi, I'm Sarah, an accredited BACP, integrative counsellor with experience working both with aroups and individuals.

Having personally witnessed the power of group therapy, I'm possionate about its transformative impact, a unique and powerful opportunity to grow, connect, and heal together.

MEET HANNAH

ACC. BA HONS, PGCE Diolomo in Therapeutic Counsellina

Hello, I'm Hannah. As an integrative counsellor, I love creating spaces where women can explore self-esteem and confidence in a compassionate, authentic way.

I've seen how powerful group work can be - offering connection, healing, and the courage to step into our true selves.

Learn, connect & grow ~ all from the comfort or your

Just £40 to secure your place, plus £20 per week (8 weeks)
Your course fee includes:

An initial one-to-one assessment

Weekly course handouts to keep

Don't Miss Out - Book By 5th January