

THE Self-Esteem Course

GROW
BLOSSOM
FLOURISH

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

🌸 RESERVE YOUR PLACE TODAY 🌸

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

THE Self-Esteem Course

Find your voice
Strengthen your heart
Walk in hope

GROW
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MEET SARAH

ACC, MBACP, BA HONS
Diploma in Therapeutic Counselling

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

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

MEET HANNAH

ACC, BA HONS, PGCE
Diploma in Therapeutic Counselling

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 of your home! ✨

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

- ✓ An initial one-to-one assessment
 - ✓ 8 weekly online sessions led by Hannah and Sarah
 - ✓ Weekly course handouts to keep
- ✨ Don't Miss Out - Book By 5th January ✨