

# Are you...

...out of work for a long time?

...struggling with low confidence, fears and negative self-beliefs?

...ready to make a positive change?



Then join us for our free 8-week

## Cognitive-Behavioural Group Coaching Course

**Start:** 6th Sept 2023

Wednesdays 9:30 - 11:30am

18 Wensum Street, Norwich

NR3 1HY (above Carberry's Cafe)

Info & registration: [hello@rippleacts.org](mailto:hello@rippleacts.org) • [www.rippleacts.org](http://www.rippleacts.org)

We help long-term unemployed people rediscover their strengths, find a career vision, gain control over their inner dialogue, and take first positive steps towards achieving their goals. Our sessions are designed in a light, friendly and interactive way and include contents such as:

- **Creative vision development**
- **Basic concepts of psychology and neuroscience**
- **Self-coaching and peer-coaching tools**
- **Mindfulness and embodiment practice**
- **Goal-setting and action planning**

The course is complemented by optional 1:1 coaching, supported work experience, and peer-mentoring.



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