



Are you...

....out of work for a long time

...struggling with negative thoughts, lack of confidence and fears?

...ready to make a change; but not sure how?

Then join us for our 8-week

Cognitive-Behavioural Group Coaching Course

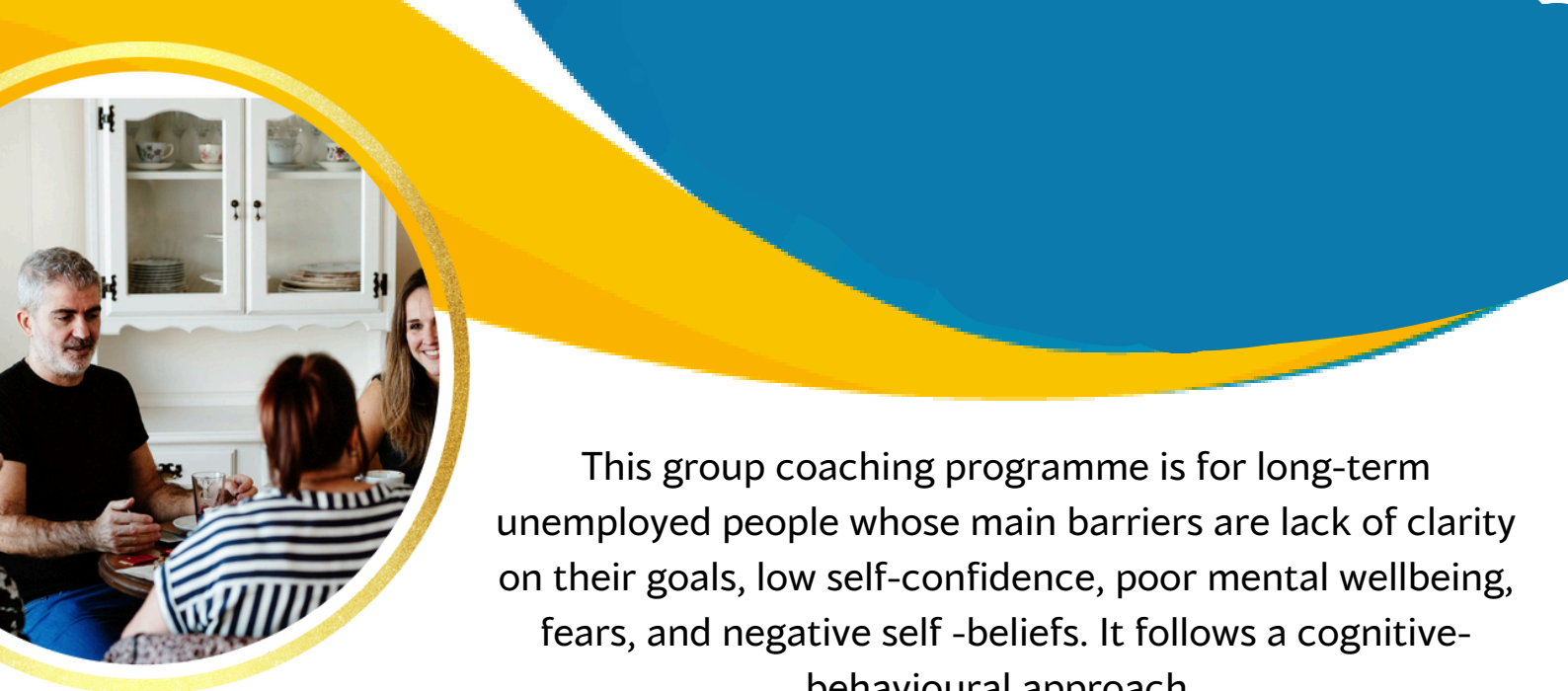
**In this programme, you will gain more clarity about
your goals, improve your self-confidence and wellbeing,
and meet others who are in a similar place.**

Start: 11th September 2024 • Wednesdays 9:30 - 11:30 am • 18 Wensum St, Norwich NR3 1HY

Free of charge • Limited spaces available

Info & registration: hello@rippleacts.com

www.rippleacts.org



This group coaching programme is for long-term unemployed people whose main barriers are lack of clarity on their goals, low self-confidence, poor mental wellbeing, fears, and negative self-beliefs. It follows a cognitive-behavioural approach.

We help our participants 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 take place in a beautiful venue in Norwich city centre.

Contents include:

- *Creative vision development*
- *Basic concepts of psychology and neuroscience*
- *Self-coaching and peer-coaching*
 - *Active listening*
 - *Goal-setting*
- *Mindfulness and embodiment*
- *....among others.*



Optionally, the course is complemented by in- depth 1:1 coaching, voluntary project work, and peer-mentoring.

More info, referral, and registration:

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