



POSITIVE and PROACTIVE

resilience and wellbeing
workshop



A practical and hands-on workshop
introducing techniques to confidently approach
challenges and overcome demotivators.

suehulme.co.uk/workshops

Formats and Pricing

- One 90-minute session - £200 (on your site)
- Two 45-minute sessions - £250 (on your site)
- Three 30-minute sessions - £300 (on your site)



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LIFE COACHING

To book or for more details:

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