



Minerva's Mind for Mums

Do you ever:

- ◆ feel you have no space to think?
- ◆ wonder what happened to your identity as an individual?
- ◆ think what's next now my kids are at school?

If you find yourself saying yes to any of the above then Minerva's Mind for Mums club is just what you are seeking. In six sessions you will discover lots of stimulating ideas including:

- ◆ what you are really passionate about
- ◆ how your interests fit with your values
- ◆ the full spectrum of possibilities open to you
- ◆ an action plan outlining your next steps

Further info

Karen Wise and Kate Griffiths are professional coaches with over 20 years experience in running workshops for individuals and organisations. Programmes run in October, January and April. To sign up or find out more, contact Kate today:

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