



ISN
INNER STRENGTH NETWORK

Courses include...

GROUP OR ONE TO ONE COACHING SUPPORTING

⇒ **YOUNG GIRLS ON VARIOUS ISSUES WORKING WITH SCHOOLS AND UNIVERSITIES**

⇒ **SENIOR WOMEN LEADERS COACHING:** If you deal with strategy, development of staff, undergoing transition then this type of coaching is suited to you. You will have a confidential space with other senior women who in turn support you on action planning. Book to learn from your peers and distress **at the same time.**

⇒ **CARERS: ISN** provide one to one or group coaching for carers. Whilst your caring for others, who is caring for you. We coach carers through hard times providing great tips on wellbeing and on their individual situation.

⇒ **BAME WOMEN:** Black Asian Minority Ethnic women sometimes request specific support. ISN is always happy to engage with all groups to benefit their individual needs..

Inner Strength Network

Our location

Maureen C. Bailey LLB(HONS)
The Vestry Hall
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Mitcham, Surrey
CR4 3DT
Accredited by

Chartered Management Institute
National Mentoring Consortium



COACHING EVERYDAY OF THE WEEK

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www.innerstrengthnetwork.com
www.innerstrengthconsulting.co.uk



ISN
INNER STRENGTH NETWORK

Welcome to Inner Strength Network COACHING



**Building
Character, Competence and
Creativity**

CALL : 07903 737780

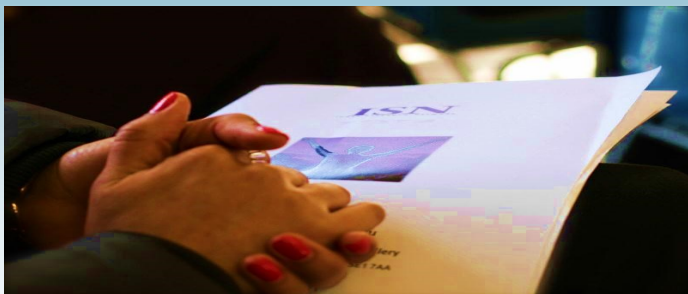
**BOOK A SESSION FREE CONSULTATION
SESSION**

info@innerstrengthnetwork.com

Building Character Competence and Creativity Among Women and Girls

WELCOME TO

THE INNER STRENGTH NETWORK



We support both men and women who would like to be coached.

- *Girls who show potential for leadership*
- *Girls who need to develop high self esteem*
- *Women who have experienced trauma*
- *Women who have experienced domestic abuse*
- *Carers who have reached boiling point and need a calm but directive voice to guide them through change and much more.*

Inner Strength will provide the strength you need to push you forward.

Give us a try. You have nothing to lose

"having it all". Yet where does the strength to fulfil these complex and competing expectations come from?

What else do we offer!



FANTASTIC INSPIRATIONAL EVENTS TO INSPIRE WOMEN TO HAVE INNER STRENGTH.



STRESSED AT WORK

CONFIDENTIAL ADVICE SERVICE ON YOUR EMPLOYMENT & EQUALITY RIGHTS



GROUP AND ONE TO ONE COACHING IN SCHOOLS AND UNIVERSITIES: ON CAREER DEVELOPMENT< SELF ESTEEM AND BEHAVIOURAL ISSUES



SELF ESTEEM EVENTS FOR YOUNG GIRLS WORKING CLOSLEY WITH SCHOOLS

**LEADING LADIES EVENTS
INNER STRENGTH EVENTS**

WE ARE A CONFIDENTIAL SERVICE

COACHING ON VARIOUS TOPICS ;

- ⇒ **behavioural issues**
- ⇒ **career development**
- ⇒ **domestic violence**
- ⇒ **caring issues**
- ⇒ **Personal development**
- ⇒ **parenting**
- ⇒ **employment**
- ⇒ **resilience**
- ⇒ **equality and diversity advice**
- ⇒ **general advice and support**

TESTIMONIAL“ Thanks to ISN I am now looking forward to what is ahead instead of feeling stuck and traumatised”

TEXT/CALL: 07903737780

www.innerstrengthnetwork.com