



## Courses include...

### PEER TO PEER COACHING FOR PERSONAL DEVELOPMENT SUPPORTING

- ⇒ **WORKING WITH WOMEN WHO NEED SUPPORT DURING DIFFICULT MOMENTS OF THEIR LIFE.**
- ⇒ **WORKING WITH WOMEN SUFFERING DOMESTIC ABUSE SUPPORTING RECOVERY**
- ⇒ **WORKING WITH SCHOOLS ON CHILD SEXUAL EXPLOITATION PREVENTION ISSUES**
- ⇒ **WORKING WITH PARENTS ONE-LEADERS** through action learning sets, where leaders have a confidential space to express, learn from their peers and distress at the same time.
- ⇒ **WORKING ON HEALTHY RELATIONSHIP ISSUES.**
- ⇒ **ADVISING UNIVERSITIES ON MENTORING AND EVENTS**
- ⇒ **AVAILABLE TO ALL IN NEED OF SUPPORT INCLUDING; BAME WOMEN, DISABLED WOMEN,**
- ⇒ **HANDLING EMPLOYMENT ISSUES**



Inner Strength Network CIC

Our location

REGISTRATION NO: 9408909

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Welcome to  
Inner Strength Network CIC  
**Working with Women and Girls to deal with difficult moments in your life and build aspiration**



**Building Character, Competence and Creativity**

CALL : 07903 737780  
BOOK A CONSULTATION MEETING

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Twitter :@ InnerstrengthN

# Building Character Competence and Creativity Among Women and Girls

## WELCOME TO THE INNER STRENGTH NETWORK



*We hope that this will inspire and inform you during these exciting times for women and girls.*

*The pressures on women and girls are unique. We are bombarded with a range of expectations from body image to having the perfect relationship, to "having it all". Yet where does the strength to fulfil these complex and competing expectations come from?*

*At ISN we say confidently and emphatically that the strength to be all you can be and achieve all that you can achieve comes from within. Our Network is absolutely dedicated to building up women and girls from within so that they have everything it takes, to survive and thrive.  
Maureen*

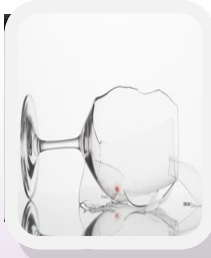
### What we offer!



**FANTASTIC EVENTS TO INSPIRE WOMEN TO HAVE INNER STRENGTH**



**STRESSED AT WORK**  
CONFIDENTIAL ADVICE  
SERVICE ON YOUR EMPLOYMENT RIGHTS



**ACTION LEARNING SETS**  
COACHING YOU THROUGH DIFFICULT MOMENTS OF YOUR LIFE



**SELF ESTEEM EVENTS FOR YOUNG GIRLS WORKING CLOSLEY WITH SCHOOLS**  
**LEADING LADIES EVENTS; 13-16 year olds**

**WE ARE A CONFIDENTIAL SERVICE ALSO PROVIDING ONE TO ONE COACHING ON VARIOUS TOPICS INCLUDING;**

- ⇒ **career development**
- ⇒ **domestic violence**
- ⇒ **parenting**
- ⇒ **employment**
- ⇒ **resilience**
- ⇒ **Staff empowerment training**
- ⇒ **Business transition and more**

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

**TEXT/CALL: 07903737780**

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