

Courses include...

GROUP OR ONE TO ONE COACHING SUPPORTING

Some of our courses include...

- **COACHING SERVICE:** Our fully qualified coaches are guaranteed to take you to the next level. (topics have included understanding domestic abuse, finding a job, setting up a business etc. Skype, telephone and weekends are available.
- **YASS PROGRAMME** this is accredited CSE programme for children on keeping safe.
- **TRAIN THE TRAINER COURSES** are also accredited.
- **INTERNET SAFETY COURSES** supporting pupils, parents and professionals on safety issues
- **TRACE PROGRAMME:** this is a confidence and self esteem course supporting women and girls/
- **BAME ASPIRATIONAL COURSES** which consists of various topics
- **CAREER DEVELOPMENT**

Inner Strength Network

Our location

Maureen C. Bailey LLB(HONS) FRSA
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CR4 3UD
CPD Accredited
Chartered Management Institute
National Mentoring Consortium



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www.innerstrengthnetwork.com

Welcome to Inner Strength Network CIC COACHING



**Building
Character, Competence and
Creativity**
CALL : 07903 737780

info@innerstrengthnetwork.com
Twitter : @innerstrengthN

**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.

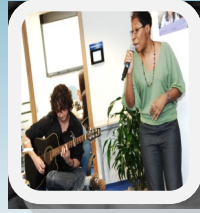
Give us a try. You have nothing to lose

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.

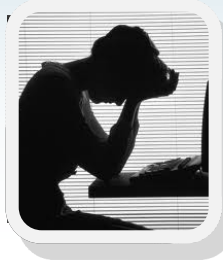
Our Network is absolutely dedicated to building up women and girls from within so that they have everything it takes, to survive and thrive.

***Maureen
CEO AND FOUNDER***

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

PROVIDING COACHING SUPPORT ON VARIOUS ISSUES SUCH AS;

- ⇒ **career development**
- ⇒ **domestic violence**
- ⇒ **Mental health**
- ⇒ **Self esteem**
- ⇒ **confidence**
- ⇒ **Assertiveness**
- ⇒ **Internet Safety**
- ⇒ **Equality issues**
- ⇒ **parenting**
- ⇒ **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

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