

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.
- **BAME ASPIRATIONAL COURSES** which consists of various topics
- **CAREER DEVELOPMENT**
- **AND MANY OTHER ISSUES WOMEN AND GIRLS FACE**



Inner Strength Network CIC Our location

CEO
Maureen C. Bailey LLB (Hons) FRSA
The Vestry Hall
336-338 London Road
Cricket Green

Mitcham, Surrey, CR4 3UD
admin@innerstrengthnetwork.com
Tel/Text: 07903 737780
www.innerstrengthnetwork.com

Registered No: 09408909.

Welcome to
Inner Strength Network CIC
Working with Women and Girls and
their families to overcome difficult
moments in their lives



**Building
Coaching you to Success**

CALL : 07903 737780
BOOK A CONSULTATION

admin@innerstrengthnetwork.com
Twitter : <https://twitter.com/innerstrengthN>
Mobile@ 07903 737780

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 believe that you have the strength to overcome difficulty moments in your life and this 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**

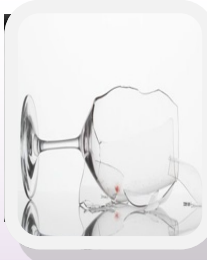
What we offer!



FANTASTIC EVENTS TO INSPIRE WOMEN TO FIND THEIR STRENGTH AGAIN.



STRESSED AT WORK CONFIDENTIAL ADVICE SERVICE ON YOUR EMPLOYMENT DILEMAS



ACTION LEARNING SETS
These sessions are with a skilled facilitator to support your personal issues in a confidence.



SELF ESTEEM EVENTS
Few work closely in schools colleges and universities on prevention and aspirational events

WE ARE A CONFIDENTIAL SERVICE

Coaching you to success in your life on various topics;

- ⇒ **career development**
- ⇒ **domestic violence**
- ⇒ **parenting**
- ⇒ **employment**
- ⇒ **Resilience/assertiveness**
- ⇒ **Internet safety**
- ⇒ **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

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