

What Do Others Say About The Workshop & Course?

Joanne offered an interactive, informative workshop. Would I come to another workshop run by her? Yes! Yes! Yes!

'I would definitely come to another workshop! I hope there is a part 2 in the future! This is a very timely course... and would like to explore the issues deeper.'

'Practical, realistic and Joanne was very motivating and covered some excellent material. I would definitely come to another workshop run by her! Well done!'

'It was a great help. I wish I could have attended these workshops 30 years ago'.

'I no longer find that I am second guessing myself. When I date I just enjoy the date without worrying what he is thinking'.

'I find am able to say no and set boundaries'.

Please send your cheque and booking form to:

Joanne Robinson	01362 654 488
Donna Intera	07944 5777 54
3a Bennett House	
Norwich Street	
Dereham	
NR19 1BX	

bookings@donnainera.co.uk

Terms & Conditions apply to Training. Will be send with payment.

No Refunds for Non Attendance

50% of payment retained for cancellations less than 48 hours notice

Donna Intera

Assertiveness Training

23 January 2010



Assertiveness Training for Women

Being assertive is essential to experiencing successful, safe and enjoyable personal and professional relationships.



Our Assertiveness Training workshop has been designed to help you overcome difficult feelings and unhelpful behaviours that might be holding you back from saying and expressing how you really feel.

If you want different things for 2010 and this workshop sounds like change for you, then why not join us on

Saturday 23 January 2010

- 10 – 4-30pm
- Light refreshments provided
- Handouts included
- Small Groups Only **Book Now to Avoid Disappointment!**

Investment: £50.00

Venue: 3a Bennett House, Norwich St, Dereham NR19 1BX

www.donnaintera.co.uk

07944 577 754

Early Bird Discount

Book your place between now and **January 2nd 2010** and receive a £5.00 discount!

Refer a Friend Gift

Think this would be a great course for a friend? Refer a friend and if she registers and attends the workshop, you will receive a £5.00 Boots Gift Voucher.

I would like to attend the 1 day workshop on Sat 23 January and enclose a cheque payable to Donna Intera for:

.....£45.00 I am claiming my Early Bird Discount

.....£50.00 Bookings after 2 January 2010

Name

Address

Telephone

I am referring my friend her name, address and contact details are:

If my friend attends your course, please send my £5.00 Voucher to (Name & Address)

You can also book by email bookings@donnaintera.co.uk. (Booking deadline including receipt of payment 20 Jan 10)