

what our clients had to say about STEPS®

It opens the way you can think and see things you would not normally notice, it opens up the world and helps you to be able to have more control of your mind then originally thought.

The tutor was so laid back but did a brilliant job. And I felt relaxed and felt I could be open and honest about how I felt. The group were great, I felt very relaxed around them. I would definitely recommend this course to other people.

I liked every aspect of Steps, I really needed it. I'm still studying the manual and still working hard on self belief visualisation but it's all practice. Plus I've given up smoking.

The general mix of visual, audio, and exercises was excellent. The course gave you much to consider. There was a sense of fun. A can do attitude. Anything is possible with just a few positive changes, if I want it. Overall it gave me many more choices and a greater sense of freedom.

I really liked how welcoming it was. I didn't know anyone but a few hours into the first day I felt very comfortable. I felt much more positive after the three days from learning about the mind and different practices we can use ourselves.

Want to try it yourself?
The next programme takes place on
3rd, 4th and 5th May 2023
For more info call
Office 053 9155800 or Jenny 087 6930063

You won't regret it.

wexford 
local development
Forbairt Áitiúil Loch Garman

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