



CONFIDENCE BUILDING COURSES FOR WOMEN

Working to Improve Safety and Self Esteem since 1994

ABOUT WISE WOMEN

Wise Women address women's fears and experiences of crime and violence through the provision of Personal Safety and Confidence Building courses, workshops and information to women in local Glasgow communities.

We also provide training and seminars for staff.

ABOUT OUR CONFIDENCE BUILDING COURSE

Our 10 week Confidence Building course is structured into 3 sections;

- The Source: Images, expectations and experiences of women in society.
- The Symptoms: Challenging how we internalise negativity and express ourselves.
- Solutions: Positive and realistic actions for the future.

Our confidence building courses work, with women evaluating them as being incredibly worthwhile, fun and empowering. Women want them, women need them and women enjoy them.

The women who attend the courses do all the hard work and whilst the discussions are designed to challenge negative self-belief, women have said they welcome the opportunity to address these issues in a safe, supportive and non-judgemental environment with others who understand.

Wise Women are fully committed to providing a platform for encouraging women to increase their confidence and reaching the potential they set for themselves and on their own terms.

WHAT WOMEN HAVE SAID ABOUT OUR COURSE

"Responsibility was a big thing for me ... I may not have been to blame for what happened to me but I'm the only person who can do anything about how it's left me feeling. I can do this!"

"I thought it would be dead serious but it was a good laugh"

"I felt really good as there were people from all different backgrounds and places and it felt good being confident and watching confidence grow among all of them"

"I have rights"

"I met new friends"

"It's about being open to positive possibilities instead of negative impossibilities"

100%
would recommend our course to other women

I feel more confident
100%
said

"I wanted to use it as a stepping stone, so yes it has lived up to my expectations because I've already stepped onto a different stone"

HOW TO ACCESS OUR SERVICE

Women can self-refer to our service. We will need your name and contact details and any relevant information needed to make our service fully accessible to you.

Women will then join our confidential mailing list and will receive information about our courses and workshops by her choice of email, letter or text.

Wise Women would always encourage women to contact us directly, but we recognise that this is not always easy or possible for women to do this. For this reason we will accept staff contacting us on a woman's behalf.

HOW TO CONTACT US



0141 370 0739



07957 613 322



www.wisewomen.org.uk



[Wise.Women.Glasgow](https://www.facebook.com/Wise.Women.Glasgow)



[@WiseWomenTweet](https://twitter.com/WiseWomenTweet)



[@wisewomenglasgow](https://www.instagram.com/wisewomenglasgow)



Working to Improve Safety and Self Esteem since 1994

120 Sydney Street, Glasgow, G31 1JF