



Purple Genie & Community Rainbow Genies



WOW
Wise Optimistic Women Surviving To Thriving
Domestic Abuse Recovery Programme

Free Programme for women in the Basildon Borough

WOW Surviving To Thriving is a Three Principles Coaching course for women who are or have experienced domestic abuse who are struggling to move forward in life. This programme shares an understanding of how we work, get ready for the **Feel Good Factor**

Mind, Body, Soul & Three Principles

Create a New Future One Thought at a Time

Passion, Purpose & Pathways

Feel Inspired

Skills, Talents & Gifts

Confidence

WOW Moments

Inner Peace

Trust in Yourself

Create New Dreams & Realise them

Tips on creating your own business

*Pamper sessions
Learn new skills*



Feel Empowered

True Self

The Power of Thought

Loving & Nurturing Ourselves

Freedom From The past

Vision Boards

Our Resilience

Laughter

Inner Wisdom

Let Go of Stress, Anger, Fear, Guilt, Anxiety & Over Thinking

Sept 6th, 13th 20th, 27th **Oct** 4th, 11th, 18th, 25th **Nov** 1st, 8th, 15th, 22nd

Thursdays Time 9.30am-12.30pm

for more information please email, call or pop into Unit 1 Laindon Centre opposite Co-Op SS15 5TE for an informal chat with Kim Bailey or Leanne Wood



email infocrgenies@gmail.com