



2024 Confidence Reset Sessions

Let's get back to basics

Join us every Wednesday or Thursday, during term time.
Free tea, coffee & cake on arrival

From:

Wednesday 10th January

10.45am - 12.45 pm

Gateway Church, 133 Alder Road, Poole, BH12 4AA

OR

Thursday 11th January

9.45am - 12pm

Gateway Church, 502 Ashley Road, Poole, BH14 0AD

These FREE sessions will help equip and empower you to feel more capable, face life challenges, build resilience and confidence so you become more confident to do the things you'd love to do.

Children and babies are welcome

We would love to meet you. Contact Hayley for more information
or to sign up

Tel: 07931345341

hayley.stephens@gatewaychurch.me

www.gatewaychurch.me/i-am-confident-sessions

