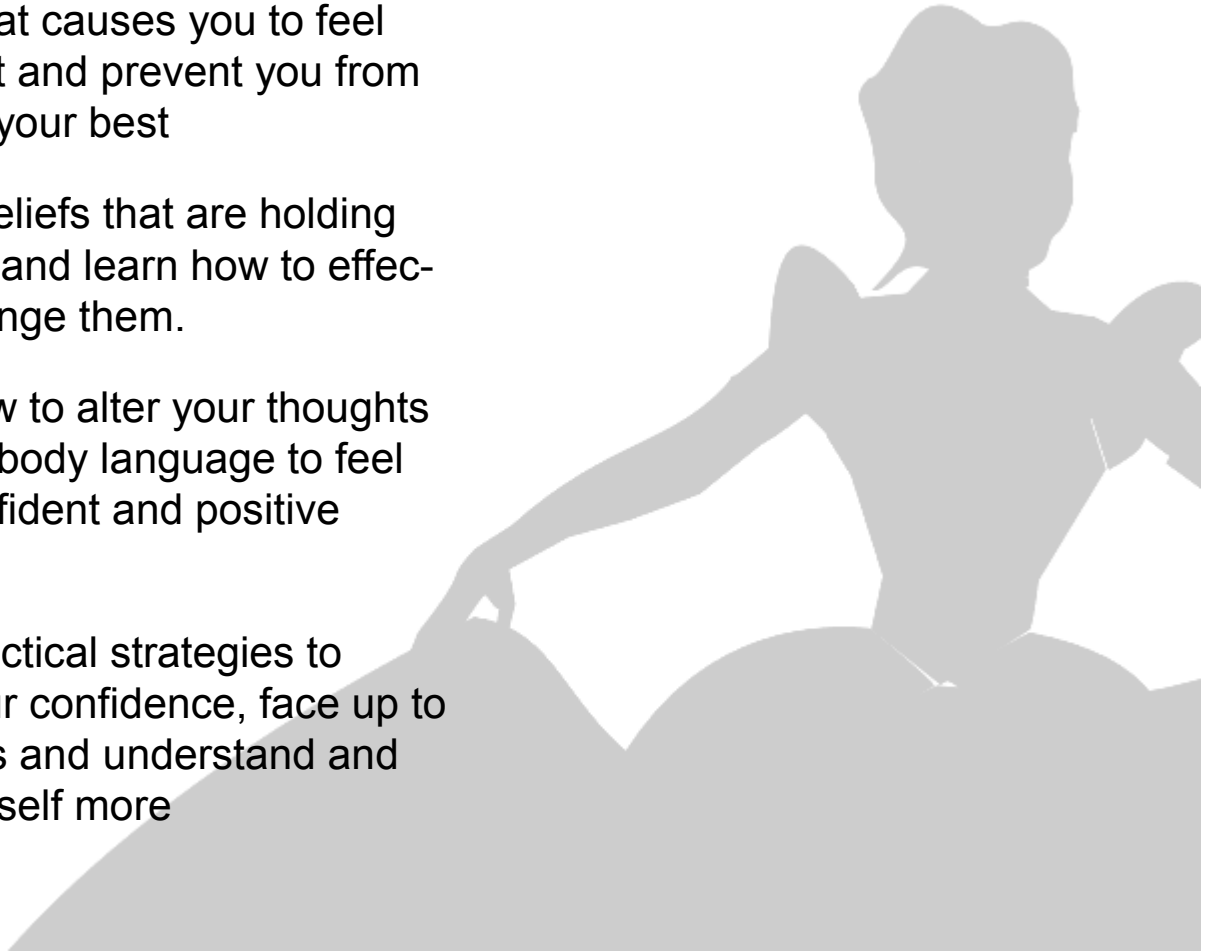


SELF-ESTEEM

A Class for Women

- Learn what causes you to feel self-doubt and prevent you from being at your best
- Identify beliefs that are holding you back and learn how to effectively change them.
- Learn how to alter your thoughts and your body language to feel more confident and positive about life
- Learn practical strategies to boost your confidence, face up to your fears and understand and trust yourself more



About the Workshop Facilitator:

Dr. Jacinta M. Mpalyenkana, Ph.D is a Counselor/Certified Success Coach, published author, and professional speaker. She is also the founder of the Global Worry-Free Day; founded on March 1st, 2014; and the co-founder of the "Something Warm Project," which gathers clothes and other warm materials for the homeless in the winter.



PALMDALE
CITY LIBRARY

**Tuesday, July 14th
6:00 PM**

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