# Leap to Confidence

***Build your self-esteem and confidence to create the life you want***

**Experience a powerful 5-week online program that will give you the tools, skills, and practice to:**

- replace negative self-talk and limiting beliefs
- better manage stress and anxiety during challenging times
- improve your communication skills
- and much more

So that you can increase self-confidence and take your next steps to success.

## Course Details

**Leap to Confidence meets once a week for 1.5 hours, plus an optional weekly group coaching session.**

Class is accessed live on the internet via a computer/tablet or smart phone.

**Dates Coming Soon!**

**What You Will Experience**

- A safe and supportive environment for women
- A bonding experience and feeling of sisterhood and support
- Interactive sessions and group coaching

**REGISTRATION INFO**

**Kelley Grimes**
**760-889-4575**
**kelley@leaptosuccess.org**

Leap to Success

**www.leaptosuccess.org**

We empower women who are overcoming domestic violence, homelessness, and other major challenges.