

Motivational Sessions



Motivational Sessions

Motivational sessions are held at a location appropriate to the participants and make best use of local amenities, e.g. church/village halls, schools, indoor or out, and are booked by the group or club.

Sessions aim to increase an individual's

- self esteem/worth
- team/community spirit
- self confidence

while helping them to realise their potential. Each session is designed to best suit the needs of the individuals participating by careful consultation with them and their mentor, if applicable. Fun problem solving tasks are inter-dispersed with discussions and mental challenges with nothing too strenuous, therefore catering to all ages and physical abilities.



“felt very positive and motivated after the session...”

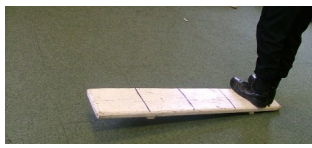
Fit 4 Life—North Kesteven DC

Not All Bad Training



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