

Skills Saturday.

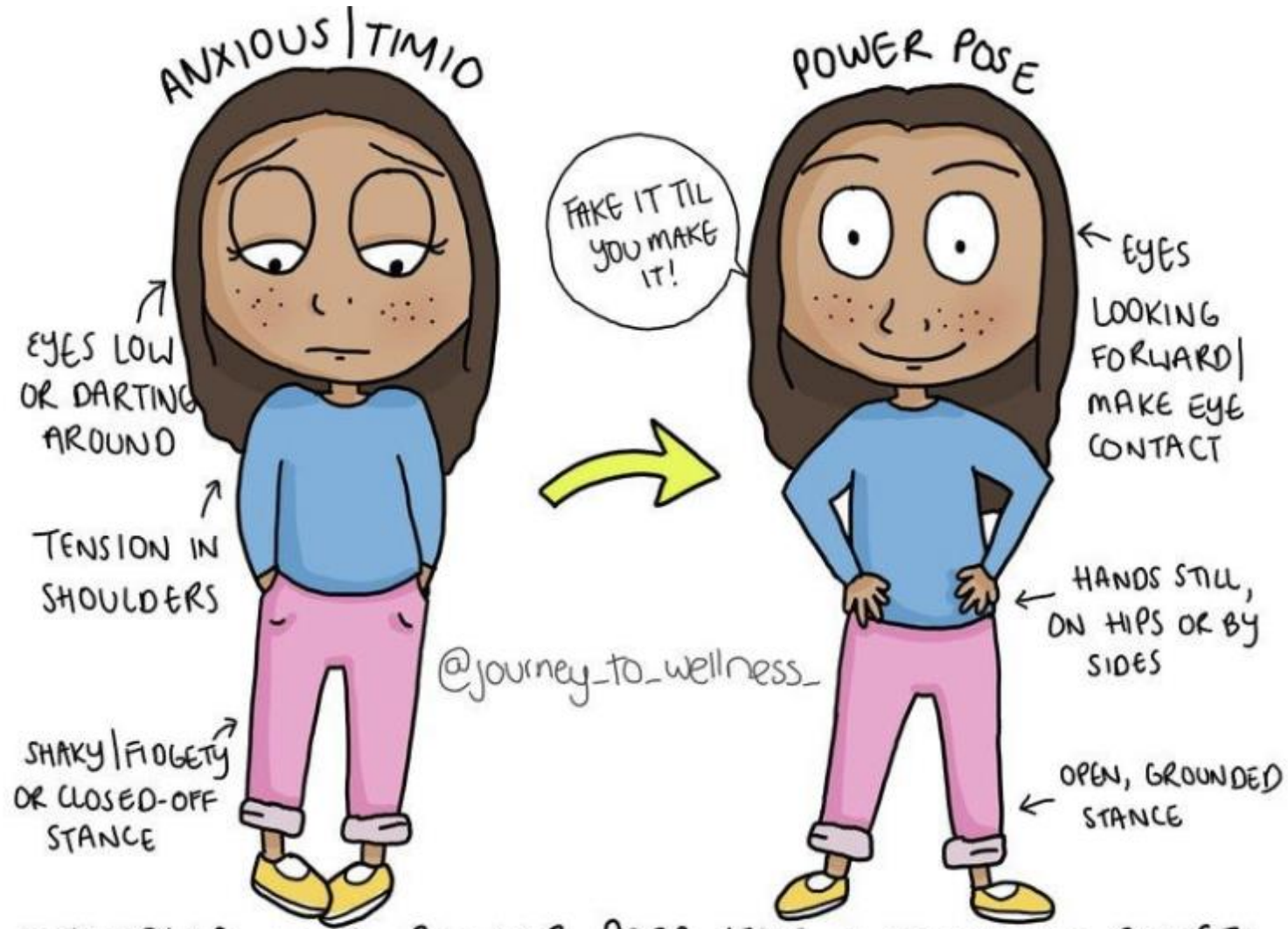
Confidence Building.



Skills Saturday.

*“One important key to success is self-confidence.
An important key to self-confidence is preparation”*
Arthur Ashe, US Open and Wimbledon Champion.





STANDING IN A POWER POSE FOR 2 MINUTES BOOSTS TESTOSTERONE & CONFIDENCE & LOWERS CORTISOL & ANXIETY / STRESS.



NCW

2ND – 7TH MARCH 2020

Headline Partner:





WHEEL OF LIFE

SECONDARY & ABOVE

School choices, teacher attitude and relationships, results, focus of school – academic / sporting / extra curricular etc. – location, pathways, focus on local career aspirations, ethos and status.

- 5 Perfect
- 4 Great
- 3 Ok
- 2 Bad
- 1 Awful

