

YOUTH YARNING STRONG

Mindset & Confidence Workshop with Yolanda Finette



Fear of Failure? Self-Sabotage? Procrastination, don't feel good enough?

Then this workshop is for you!

"Unlock your Inner Confidence, ditch your Self Doubt & Re-connect to your full potential"

- Building awareness around working through Limiting beliefs & self-doubt
- Unlock why fear pops up in certain areas of your life + tools to support you to initiate change!
- Strategies to Shift your mindset to feel more inspired, motivated and confident in life
- Honouring the systemic challenges that we navigate as First nations people and reclaiming our power and strength!

Workshop Details

When: Wednesday the 17th of March 2021

Time: 4pm – 5.30pm

Registration is a must.

We will share the Zoom Meeting details with those who have registered to be part of the Youth Yarning Strong group on the day.

If you would like to join please fill out the attached registration form and send it through to nhamilton@vacca.org.

If you have any questions feel free to contact **Natasha Hamilton** on **0439 468 430**.



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