

THE COMFORTABLE CONFIDENCE WORKSHOP FAQs

What do I need to bring with me?

- A bottle of water or other drink.
- A light snack, if needed (no nuts please).
- Some light refreshments will be provided.
- A notebook and something to write with. I will bring spare notebooks and pens.
- A yoga mat and blanket. (We will be doing a relaxing cool-down at the end of the session.)
- Your **Beliefs Worksheet** and your **Confidence Journal (see Resources page)**

NB Please also make sure to fill in the online Health & Safety Form ahead of the session.

What shall I wear?

There is certainly no dress-code, however, there will be some moving about; lying down, standing, sitting, walking around the space, so make sure that you feel comfortable and that the clothes you wear are practical.

My suggestion would be comfortable trousers or leggings, and a couple of top layers for temperature control.

I would suggest bare feet or socked feet. STUDIO 17 does not allow shoes to be worn in the studio.

What am I going to be asked to do?

The workshop is a mix of open conversation, partnered (dyad) coaching, coach-led written work and vocal and physical exploration. All exercises are designed with an open range of participants in mind.

Whilst I encourage everyone to throw themselves into the process as much as possible, I understand that new experiences can sometimes feel uncomfortable. Just do what feels comfortable for you **but** remember that real growth occurs outside of your comfort zone and the space you are in will be safe.

There are no chairs in the studio so all participants are invited to sit on the floor with cushions. If this will not be comfortable for you, please let me know and we can discuss an alternative.

Will there be breaks?

Yes. I will be allocating breaks throughout the afternoon, which we will contract for at the beginning of the session.

Please make sure you have eaten lunch or brunch before you attend and bring a light snack if you anticipate needing one. Please do not bring anything containing nuts, in case of allergies.

Can I email you ahead of time?

Of course, if you have any additional questions ahead of time, feel free to email me and any problems on the day, do call me:

✉ hello@core-you.com ☎ 07801 101 636