

# THE COMFORTABLE CONFIDENCE WORKSHOP FAQs

## WHAT DO I NEED TO BRING?

- A bottle of water or other drink.
- Something to write with and a journal if you would like.
- Your written answers to the questions.

**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.
- The studio is a no-shoe studio so expect to be in socks or bare feet.

## DO I HAVE TO SPEAK OR SHARE WITH THE GROUP?

- No, you'll be invited to take part in different exercises, some in pairs and some as a group, but there is no pressure to speak.
- You are always in choice.

## HOW DO I FIND THE VENUE?

- The workshop will be held at Luna Wholebeing.
- When you arrive, you'll enter through the main entrance where there is a hairdressers downstairs.
- Head through to the back and go upstairs where I'll be there to welcome you.
- There is parking available directly across the road: (£0.90/3 hours, £1/4 hours)
- You may also be able to park on nearby roads, just keep an eye out for yellow lines as there are parking attendants in the area.

## CAN I CONTACT 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, send me a message.

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