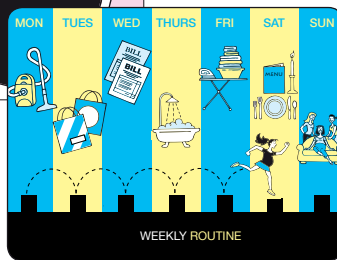
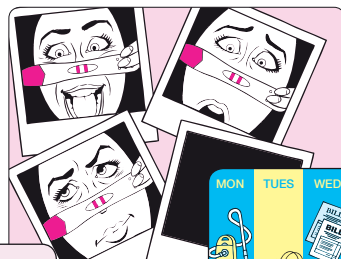
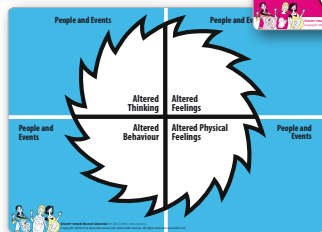
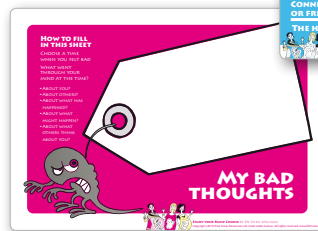


ENJOY YOUR BUMP



Course Resources



Written by Dr Chris Williams

ENJOY YOUR BUMP COURSE BY DR CHRIS WILLIAMS
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ENJOY YOUR BUMP

4 *fun friendly sessions*

THAT CAN CHANGE YOUR LIFE

In just four enjoyable sessions, this course can help expectant mums learn more about getting the most out of their pre-natal experiences.

With the help of supportive worksheets and tasks to try, participants learn ways to improve how they feel so that they enjoy their pregnancy and future life as a parent.

They will also meet other mums-to-be and have lots of fun!



SESSION 1 WHY DO I FEEL LIKE I DO

.... and how to change things around. You will learn how to make sense of why you feel the way you do, and how making changes in one area of your life, can impact on all the others.

SESSION 2 MAKING POSITIVE CHANGES

Find out how working on enjoyment, closeness to others and getting stuff done can help you discover a happier and healthier you.

SESSION 3 BUILDING CLOSENESS

Wherever you go, your bump goes, and so building closeness is good for you and them! You'll discover fun ways to do this by yourself and with others.

SESSION 4 LOOKING AT THINGS DIFFERENTLY

Build your confidence and tackle your doubts. Learn how to be a detective to discover bad thoughts that worsen how you feel. And learn tips on how to squash them so you're in charge.

