The following files contain information useful to anyone thinking of running Confidence Building Sessions similar to those that we run at The Women’s Centre in Derby.

There is a basic **introduction** (Introduction.odt) that sets out things like: the approach, how to use the materials, resources needed etc.

Each session has a set of Powerpoint slides and a Word document giving guidance on how to run the session.

There is a **Preliminary Session** that accompanies Session One. The powerpoint slides are in file: Prelim.ppt and the guidance is in file: PrelimGuide.odt

**Session One** (The Beginnings) slides are in the file: sessionone.ppt and guidance is in the file: sessiononeGuide.odt

**Session Two** (Moving Forward) slides are in the file: sessiontwo.ppt and guidance is in the file: sessiontwo.Guide.ppt

**Session Three** (Skills) is currently only available as a set of slides in the file: sessionthree.ppt.

**Sessions Four and Five** will be available soon but you can contact Lin Mellor on [Lin@Mellor2007.plus.com](mailto:Lin@Mellor2007.plus.com) for more detail.