



Hello and welcome to SWYCHI's first newsletter! I would like to start off by thanking everyone who attended the first Cumbrian Confidence Clinic on Wednesday 21st February. I think you will all agree it was an inspirational evening that gave us new ideas and techniques to help us in our lives. Also a huge thank-you to Ian Banyard for coming up to Cumbria and sharing his knowledge and life skills.

Here are a few memory joggers from the evening:

- Confident people are **Authentic** - this means that they are real, genuine, true to themselves and trustworthy.
- What do you think you know?
What do you feel you know?
What do you know you know?
- To refresh on the technique we learned on how to centre and focus yourself go to the 'Helpful Tips' page and read 'When You Feel Anxiety Brewing'.
- Practise putting yourself on the Fleeing – Fighting line and find your central place where you are Flowing – feel how good it feels to be in this place!!

The above is a very condensed version of what we actually learned at the Confidence Clinic, however I hope it's enough for you to practise with, if you would like any help with any of the techniques please get in touch with me and I will go through it more thoroughly! Also please get in touch with me and tell me how you are getting on!!

Great news – the Confidence Clinic was such a great success that it will be run monthly at Penrith Rugby Club! The next one is on Wednesday 21

March, 7pm - 9pm. If you attended the first Confidence Clinic and would like to come again you can do so at the discounted price of £15!! Each clinic will focus on new techniques for becoming more confident. Of course new people are more than welcome to attend. Book early to avoid disappointment, as there are limited places available.

Other News

Song of the Week? Month? I would like to say YEAR!!

It's not very often that I hear a song and think - wow this can really make such a positive difference, the words are brilliant and it really makes you feel GOOD!! I am talking about TAKE THAT - SHINE!! I would like everyone to listen to the words and really take on board the message it is putting out. In fact I would like to christen SHINE as SWYCHI's official anthem!!

I am holding a Table Top Sale to raise funds for Eden Mind on 11th March at Langwathby Village Hall. It's a great way to sell your unwanted items, pick up some bargains and raise money for a worthy cause. If you would like to book a table it is £5 pre-booked and £7 on the day.

Thank-you for reading!

Caroline x