



Identify barriers to change, and see  
The impact on health and well-being:  
Recognising environmental triggers in  
advance, leading to improved self-esteem

A motivated workforce empowered  
individuals to seek personal improvement;  
leading to a change in negative behaviours  
e.g: education, voluntary work, reduction in  
young pregnancies and crime

By the end of the course: You'll be given  
access to agencies who will support you.  
PLUS: As you learn to identify the barriers  
which once held you back, we know you'll  
grow as you make the right choices for you,  
and live an empowered life of freedom,  
reaching your fullest potential.

## Contact Us

For more information regarding arranging  
a course, our next course venue and dates  
or how we can help you or your  
organisation please, call Helen on:

**Tel: 07856 907321**  
[www.beautyforashes.org.uk](http://www.beautyforashes.org.uk)  
e: [helen.walkerbfa@live.co.uk](mailto:helen.walkerbfa@live.co.uk)

Join us on our next course at:

*“Helen’s story and environmental  
triggers which impacted on a life  
was the same similar to mine.  
Helen has taught me more about  
myself in one session than any  
psychiatrist.”*



# Beauty for Ashes

Change your mind - Change your life

Your thoughts influences so  
many things



A course designed to empower you  
to make the right choices in life...



## Beauty for Ashes

Change your mind - Change your life

A course designed to empower you to make the right choices in life, arranged in either: 2 half days, 2 hourly sessions over 4 weeks  
For details about packages, please contact Helen

This course is open to all and has been used by organisations, charities, well-being groups, as well as individuals seeking to improve themselves through personal development.

We can come to you and have no set location for the course.

## Helen Walker

Course Developer

After experiencing the impact these skills had on her own life, Helen went on to become a professional life coach to enable her to share the skills and the benefits with others. Gaining qualifications in behaviour change, motivational interviewing, alcohol awareness, counselling skills, obesity and diabetes management and more.



For full details of Helen's qualifications, please visit our website.

# Course Structure and Content

### Introduction

Skills that will change your life. Helen shares her story of how she learnt to overcome hardship, rejection, loss of identity, fear, insecurity, anger, divorce and mental torment.

### Words

Words are powerful! They have the power to do good or to do harm. They can be deadly as a viper or as gentle as a dove.

### Believe

What you believe is what you will become! Negative thinking is not sustainable; it is not healthy for our mental well-being. So we need to rethink how we see ourselves in a more positive light.

### Identity

Be transformed by the renewing of your mind. Rule over your emotions; don't let them rule you. Chemical reactions caused by your emotions have an impact on your health, so learn how to take control instead of being controlled.

### Personality Types

Using the four personality traits of 'Victim', 'Rescuer', 'Persecutor' and 'Victor', we will learn to recognise when each is most dominant in our lives at any one time. Learn to recognise the circle of life and live as the 'Victor' in your own world.

### Your Next Step...

Overview of the course and signposting to other services who will help support you as you take steps to live with these new skills for life.

*“I initially attended Beauty for Ashes to see whether it would be useful for clients I work with, but I'm fully participating because the material is excellent and having a positive impact on me.”*  
*(manager in probation services)*

*“The life skills courses are brilliant insight into how to make positive changes in life, they really do work.”*

*“Beauty for Ashes has helped me gain skills to overcome repetitive behaviour patterns and enable me to move forward and gain coping skills I would love to come on another course”*

*Feedback from Beauty for Ashes skills for life 2015*