

# Fresh Steps™

Fresh Steps is a new personal development programme running in the Oxford area. It is designed specifically for men and women who are over 45 and at a turning point in their lives and ready to tackle important issues about themselves and their future. It can help you focus on tough decisions and choices about what you want from life - and how to make them happen.

*Let it be the  
turning point for you*

## **Fresh Steps covers important issues facing people at this stage in their lives such as:**

- Money matters; uncertainties around pension provision
- The ageing process and its impact on physical and mental health
- Dependants, the changing nature of relationships with family
- The work/life balance
- How to rebuild self esteem and self confidence
- Confronting negative thoughts, feelings and limiting beliefs
- Dealing with prejudice and stereotyping

Taking a fresh look at these issues and learning how to deal with them can provide life enhancing changes.

The Fresh Step experience is a personal investment opportunity not to be missed. Putting together a plan of action today designed to optimise future health, wellbeing and lifestyle can make all the difference to the way you think and feel about yourself as you get older and help get your life back on track.

For more details about the next Fresh Steps programme running in the Oxford area please contact Annie Kimblin.  
**01844 339756** or **07817 244636**

[www.lookingglassconsultancy.co.uk](http://www.lookingglassconsultancy.co.uk)

