



Corporate  
Coach Group  
*Training that transforms*

This is to certify that  
**Helen Tune**  
has successfully completed  
**Webinar: R.A.P.I.D. Self-Esteem and Confidence**

Attended July 2023

**This programme covers:**

- Mental health foundations
- Understanding genuine self-esteem and self-confidence
- Why not to project a fake identity
- How not to fake self-esteem
- Learn the R.A.P.I.D. method
- Develop genuine self-esteem and self-confidence

**Presented by: Mr. Christopher Farmer, Managing Director, Corporate Coach Group**

(1 CPD hours)



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