



## Booking Form



Please fill out this booking form for a 4 session to be run with your unit. Please give as much information as possible.

### Name of the Unit:

Leader in Charge's Email and Phone number	Unit meeting place with post code if possible.
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Does any member of your group have any personal needs, disabilities, or food allergies for example?

Which session would you like?

- Breaking Free** - Breaking gender stereotypes
- Think Resilient** - Build resilience & improve mental wellbeing
- Free Being Me** - Improving body confidence & self-esteem (a two evening session - this does not have to be two consecutive weeks)

When would you like a session? (Please give as many dates as possible)

Day:

Date and Time:

Please return to: [beckajeffs@hotmail.co.uk](mailto:beckajeffs@hotmail.co.uk)