

Free Yourself

Self-Consciousness
Self-Empowerment
workshop

LAKE: F103
FRI., DEC. 2, 2016
11:40 A.M. TO 12:30 P.M.

This workshop will help you face your self-consciousness during public speaking or performing, and teach you how to be brave and overcome it.

Let go of what holds you back and unleash your inner being.

We use a variety of training techniques used by actors for personal discovery.



**WE ARE
HUMBER**

TO REGISTER EMAIL:

WWW.HUMBER.CA/CENTREFORTEACHINGANDLEARNING

