

***SELF-ACCEPTANCE -  
TAMING OUR INNER CRITICAL VOICE***  
*led by Chris Ledger*



**on Friday 18th May 2018  
from 10.15 am – 3.30 pm**

*(Coffee available from 9.45-10.15 am, and drinks will be available throughout the day,  
but please bring your own lunch)*

**at Godalming Baptist Church**  
(Queen Street, Godalming, Surrey, GU7 1BA)

**Many of us struggle to believe that we can be truly accepted and loved just as we are, sometimes still striving to feel 'good enough' even when we know God loves us.**

**Understanding some of the obstacles to self-acceptance can bring about a breakthrough in our relationships with ourselves, others, and with God.**

**The day will explore some of these obstacles, such as guilt, shame or perfectionism, help to identify and understand our 'inner critical voice', and discover how to positively embrace the person God created us to be.**

**Drawing on case studies, and the personal and professional experience of the course leaders, this course will encourage those seeking to improve their own self-acceptance, or who are supporting others in their journey.**

**To reserve a place (£12) by Friday 4th May 2018  
please contact Sally Pollard (email: [pollard3@hotmail.co.uk](mailto:pollard3@hotmail.co.uk)),  
Janet Fry ([janetfry1@gmail.com](mailto:janetfry1@gmail.com)),  
or the Church Office, 01483 422105 on Mon, Wed, or Fri mornings,  
([office.gbc@btinternet.com](mailto:office.gbc@btinternet.com))**

**PLEASE NOTE: This course will be led from a Christian and Biblical perspective, but the principles and material covered are accessible and helpful to those with any or no faith**