

develop your relationships

spectra  
relationships



Learn how you and other people of all ages tick & by joining our unique spectra orange programme



- manage emotions
- self awareness
- relatives & family
- how men tick
- how women tick
- get on with others
- assert yourself
- confrontation & conflict
- deal with bad behaviour
- learn how to say no
- social confidence
- social skills

all for just **£72** for 12 weeks  
or **FREE** for spectra members

# spectraorange

for more information, visit the website at  
[www.spectra.org.uk](http://www.spectra.org.uk) or call 01872 561111

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