

Four hours a week that could change your life

- ☞ Are you a survivor of domestic abuse?
- ☞ Would you like to transform your perspective and acquire skills for mindset growth?
- ☞ Do you want to see your self-esteem rocket?
- ☞ Do you want to pursue a career or build financial resilience?
- ☞ Do you wish to strengthen your body-mind-connection?

...all while meeting like-minded women

If you have answered **YES**, then the Aspire Programme might be for **YOU**.



How to get in touch

Call or email Hannah

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Aoibhneas CLG



Aspire is a comprehensive 12-week programme aimed at empowering women overcoming the impacts of domestic abuse.

Through a combination of accredited training, personal development, and practical life skills, participants are resourced with the tools for a brighter, more independent future.

Aspire Programme Overview



12 weeks



4 hours
every week



Accessible location



Weekly lunch



Yoga



Peer support

Participant Testimonials

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The Aspire Programme literally changed my life. I had 3 very busy months with something to look forward to every week. It was food for my mind, my soul, and even my tummy! The STEPS programme changed my attitude towards life and goals. The different inputs with presentations gave me perspective and knowledge.

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The Aspire Programme has really changed my outlook on things. I have been taught tools to help me going forward, including coping skills, confidence, and the ability to do things. I am in a better place now and the support from the group has been great. I recommend it to anybody in domestic abuse or who is out of it. I looked forward to attending each week. I feel powerful and confident again - after years of the abuse taking away from me, I am a better version of myself.

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12 Weeks



Developing personal strengths,
goals, and ambitions



**STEPS to Personal Success and
Excellence Programme**



Topics such as employment supports,
career guidance, further education,
financial literacy, assertiveness,
healthy boundaries, and more



Evaluation and Graduation