

If you are looking for: -

- a new start
- a change
- motivation
- inspiration
- challenges
- a job/career
- a push in the right direction

If you may be: -

- lacking in self-esteem
- lacking in confidence
- lacking direction
- in a toxic relationship
- bored with life
- unhappy at work



Reactiv8 supports emotional, mental health and wellbeing. We aim to transform lives, ways of thinking and help you find your purpose.

## TESTIMONIALS:

*"I feel like I have been given my life back. I was in a place of dark soul-destroying depression, and this programme has helped me turn my life around."*

*"This programme made me realise that I'm actually worth something, I can do whatever I want, and it has given me the confidence to turn my life around and achieve whatever I want."*

*"I was sceptical about doing 'another' programme and thought this would be just like the others I have been on. Well, I was proved wrong, this programme is life-changing and like no other out there. I'm glad I did this."*

*~ Job Centre Participant*