



BUILDING SELF-ESTEEM MENTORING PROGRAMME

Is this programme for you?

NPC would like to offer an 8-week mentoring programme aiming to build self-esteem in young people. This programme will focus on building fitness, self-confidence and new skills by giving students the opportunity to access many of the diverse types of fitness training available. Our goal is to support students in a life-long journey of health and fitness; thus from this, NPC will introduce students to coaches and instructors from appropriate fields to encourage them to continue on a journey of good mental and physical fitness.

If you would like this opportunity for your child, please contact Spencer Timson by emailing info@npcgym.com for more information.