







Yarbo DAYS

 days are informal and fun. They offer individuals the opportunity to participate in imaginative development experiences.

Ruth & Co work small groups through various specifically designed activities in a safe and secure environment. Because they focus upon very specific and sometimes challenging issues, some are women or men only.

 days are offered as a package with either follow-up e-coaching, or with follow-up personal coaching to help ensure that you get all that you aim for from your  experience.

These are the  days that we currently offer, however, we are constantly updating, so if you have something else in mind, please let us know and we will be happy to help!

-  Body/Self Image (women & men only groups)
-  Confidence/Self Esteem Building (women only)
-  Creating Positive Self-Belief
-  Goals, Dreams & Self Development
-  Creating Balance & Managing Pressure

Contact  to find out more!