Bridgewater Primary

Together rain or shine

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Dear Bridgewater Parents,

If you are a mum who often feels stretched thin, doubts yourself, or struggles to find a moment for you, you're not alone. Many women feel the same, so we're creating a space to pause, reset, and step into 2026 with intention.

Bridgewater mum and confidence therapist Gemma Holmes (The Peer Coach) will lead her "Calm the Critic" masterclass, designed especially for women who juggle a lot and rarely acknowledge how well they're doing. Whether you suspect imposter syndrome is holding you back or you're fed up of that noisy critic making you question yourself, this is for you.

Event: Calm the Critic Masterclass

Date: Wednesday 28th January

Time: 7.15-9pm

Venue: Year 6 classroom, Bridgewater School

For £15 (worth £120), enjoy practical confidence tools, a complimentary glass of bubbly, and time with like-minded mums—all while supporting the BSA.

In just 90 minutes you'll learn...

- What imposter syndrome really is and how it affects working mums.
- The secret intentions of your inner critic and how to take back control of it.
- The techniques to tune into your positive inner mentor so you and your mind can be on the same side.
- The toolkit you need to release stress and access confidence whenever you want it.

We expect this event to sell out as we're limited to 30 spaces, so book soon to avoid disappointment.

BOOK YOUR TICKET HERE

Best wishes,

BSA Events Team

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