
YOUR WELLBEING
BREAKING
FREE FROM
THE PAST



It can be challenging to move forward when you feel defined by past experiences. Apex Scotland understands this struggle and offers support to help you redefine yourself and change how others perceive you.

- Non-judgemental support: We provide a safe and supportive space where you can explore your past without judgement, helping you understand how it might be influencing your present.
- Identify your strengths: We help you recognise your positive attributes and build on them, fostering a sense of self-worth and confidence.
- Develop coping mechanisms: We equip you with tools and strategies to manage challenges and setbacks, enabling you to navigate difficult situations with resilience.
- Build self-compassion: We encourage you to treat yourself with kindness and understanding, fostering a positive self-image.
- Set achievable goals: We help you set realistic goals and celebrate your achievements, boosting your confidence and motivation.
- Improve communication skills: We help you develop effective communication skills to express yourself confidently and authentically.
- Practice positive self-presentation: We provide guidance on presenting yourself in a way that reflects your true potential.

With Apex Scotland's support, you can :

- Challenge negative self-perceptions: By focusing on your strengths and accomplishments, you can overcome negative self-talk and build a more positive self-image.
- Demonstrate positive change: Through consistent effort and support, you can showcase your growth and commitment to positive change.
- Build stronger relationships: By communicating effectively and presenting yourself authentically, you can foster healthier relationships.
- Create new opportunities: As your confidence grows and perceptions change, you can open doors to new opportunities.

Remember, change takes time. Apex Scotland provides the support and guidance you need to create a future beyond your past.



**If you or someone you know
needs our help, contact
us today, we have services
throughout Scotland.**

Phone: 0131 220 0130

Email: hello@apexscotland.org.uk

Visit: apexscotland.org.uk