

adam clark + tony dines
gay life coach



Working out →

ESTEEM ON THE SCENE

The gay scene. Where is this for you? San Francisco, California? Soho, London? Canal Street, Manchester? Greenwich Village, New York City?

Many of us are fearful and apprehensive, afraid of how others see us when we walk into that bar, and they look up for a moment to see who has come in. We are often so sensitive to how they react, which in turn drives the quality of the rest of our time in that place and how we feel about ourselves.

This programme will show you how to:

- be confident in gay venues
- have a firm sense of self-worth
- be clear about all you have to offer