

Catching Confidence

Course Type: Adult Community Learning

Location: City Centre Campus

Needing help to find a new direction but not sure how to make the move? This 5 week course, is designed to help you focus on your next step and make a plan to move forward. Each session will be tutor led with shared support from other course participants.

- Plan ways to make realistic positive changes and to recognise your transferable skills
- Make a plan to address the areas you need to work on in order to feel more positive and confident
- Learn techniques to clearly and convincingly demonstrate your skills to others
- Feeling good about yourself and self-promotion

Where can I find out more information?

If you have any queries please call Adult Community Learning Tel 01225 328822