

Building Learning Opportunities in Our Communities! **Confidence Building Workshops**

Prepare for learning and employment by building your confidence and communication skills....

On this course you will:

- Identify your own skills, qualities and experience
- Develop your communication, problem solving and team working skills
- Look at causes and symptoms of stress and how to deal with it
- Get inspired to take positive steps for your future!

Who is the course for?

The course is ideal if you're thinking about returning to education or work after a long break, or if you have few or no formal qualifications.

When does it start and what does it cost?

BLOC Confidence Building runs one morning a week over five weeks. Sessions are on a Tuesday 9:30am to 12:00 noon. It is FREE for those on benefit.

The course starts on Tuesday 28th August 2018 and will run until Tuesday 2nd October 2018.

To find out more or book a place please contact:

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part of the
• *Building Learning Opportunities*
in Our Communities (BLOC) • Series