



Introduction to Confidence Building and Personal Development

UTASS, 9-11 Chapel Row, Middleton in Teesdale DL12 0SN

By undertaking the course you will:

- Gain an awareness and understanding of developing skills and applying techniques in managing everyday living for yourself and your family, in a more positive and confident way.
- Learn basic strategies for interacting with family and others in a range of settings.
- Look at areas of low confidence and build on one's social skills and self-esteem to benefit yourself and your family.
- Build upon personal development through –
 - understand the reasons for lacking confidence
 - understand what makes you feel confident
 - learn the importance of developing confident body language and Communication skills
 - gain an understanding of what stress and anxiety is and learn strategies to manage these
 - gain an understanding and knowledge in how to set personal goals and plan for the future

The course is FREE to anyone in receipt of a means tested benefit, if not the cost is £37.50.

For further information, or to book a place on the course please phone Denise Hopps, Bishop Auckland College on 01388 443078