



CONFIDENCE AND MOTIVATION COURSE

Want to feel and look confident? Want to think positively and be in control out of your comfort zone? Want to get people to listen to you? This confidence course will show you how.

Free Course

The course will cover how to:

Come across with real confidence.

Believe in yourself, think positively and feel motivated.

Tackle feelings of shyness and overcome nerves.

Speak up in group situations and get people to listen.

Have the courage to do the things you want to do.

Wednesday 12th, Thursday 13th, Friday 14th September 2018 (9.30am - 2.30pm)

OR

Wednesday 12th, Thursday 13th, Friday 14th December 2018 (9.30am - 2.30pm)

OR

Wednesday 13th, Thursday 14th, Friday 15th March 2019 (9.30am - 2.30pm)

OR

Wednesday 19th, Thursday 20th, Friday 21st June 2019 (9.30am - 2.30pm)

To enrol or for further information please contact Ed Browne

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