

Building Confidence



Monday 7th November

6 weeks

10am – 11:30am

Kendal Library

A **FREE** course, which aims to help you develop your confidence as part of a small group. Led by Kathryn, our fully qualified tutor.

This **FREE** workshop will include the following topics:

- Discover ways to improve your self-confidence and self-esteem
- Learn to be more assertive and confident when saying 'no'
- Change those negative thought patterns
- Manage Stress and look at ways to relax

Enrol Now!

To book a place please visit our website at:

adultlearning.cumbria.gov.uk

Search under the heading 'Health and Wellbeing', 'Building Confidence', you can then complete an online enrolment form. Or speak to one of

the South Lakeland Adult Learning Team on 01539 713257 or email

southlakelandadultlearning@cumbria.gov.uk