



a free online course for UNISON East Midlands
members

BUILDING SELF CONFIDENCE

6 & 13 September. 1.30 - 4.30
Via Zoom

This course runs over two afternoons and will help you to:

- recognise what stops you from feeling confident
- understand the 'building blocks' to build your confidence and self-esteem
- recognise your strengths and achievements
- move forward confidently

To apply please email LMD@unison.co.uk stating: Your name, membership number (or home address), course title, details of any facilitation needs, and an email address and contact number to be shared with the course provider