

Power To Be You!



A free confidence course for UNISON East Midlands members

**10, 17 & 24 MARCH
6.00PM - 8.00PM**

YOU MUST BE ABLE TO ATTEND ALL 3 SESSIONS

Learning aims:

- **Understand what self esteem is and where it comes from**
- **Be able to identify and recognise traits of confident people**
- **Develop strategies for appearing more confident and assertive**
- **To give belief in yourself!**

"I honestly feel like this is a new beginning for me and I am buzzing tonight!"

"I just want to thank you Nicky for delivering such a life changing course"

<https://eastmidlands.unison.org.uk/members/>



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East Midlands

WEA **Adult Learning
Within Reach**