

# Building Confidence and Self Esteem

**16 & 23 May 1.30pm - 4.30pm**  
**Delivered online via Zoom**

**Be Self-Aware**

**Recognise  
your strengths  
and  
achievements**

**Move  
forward  
confidently**

**Understand the  
building blocks  
to build your  
confidence**

**Recognise  
what stops  
you from  
feeling  
confident**

**To apply:**

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