



free course for UNISON East Midlands members

# BUILDING CONFIDENCE AND SELF-ESTEEM

7 & 14 NOVEMBER  
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 visit:  
<https://eastmidlands.unison.org.uk/members/>