

free course for UNISON East Midlands members

BUILDING CONFIDENCE AND SELF-ESTEEM

19 & 26 February 2024

1.30 - 4.30 Via Zoom

THIS COURSE IS RUN BY LYDIA WESTON, A FULLY TRAINED
COUNSELLOR WITH MANY YEARS EXPERIENCE TUTORING IN
ADULT EDUCATION.

THE SESSION AIMS TO HELP YOU:

- 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/>