



Funded by
UK Government

STEP SKILLS
PREPARE FOR SUCCESS IN HERTS



Boost Your Confidence

Improve your own levels of confidence by exploring where confidence comes from and by identifying the behaviour and characteristics of confident people. You'll identify methods and strategies for increasing your confidence levels such as the use of positive thinking and self-affirmations. You will also discuss concepts such as self-efficacy, self-belief and the importance of recognising your own values, skills and abilities.

Who is this course for?

This workshop is ideal for anyone looking to build self-confidence and develop greater belief in their abilities. It will help you feel more comfortable meeting new people, communicating with confidence, and taking positive steps towards achieving your goals—whether in the workplace or in everyday life.

Details

Duration: 2.5 hours

Date: Friday 31st July

Times: 10am-12.30pm

Registration Fee: This taster workshop is being offered as a FREE pilot to Chime residents.

Venue: Live Online (You will require a laptop computer or tablet, not a mobile phone)

To request a place please email: community@wcht.org.uk

By emailing Chime Housing, you give us permission to share your contact details with Step2Skills who will send you further information about the course and details on how to confirm your place. Spaces are limited and allocated on a first come first served basis.



step2skills.org.uk



01992 556 194



@step2skills

