

Training and
Development

BUILDING SELF ESTEEM & CONFIDENCE - a 6 week course in assertiveness -

Who is the course for?

This course is for individuals who feel they are stuck with low self-esteem, are lacking in confidence and struggling with being assertive.

Time:
12:45pm
to
2:45pm

Aims of course

Following completion of this course you will:

- Understand more about what affects self esteem
- Have learnt about what things make your self-esteem lower
- Learn how self-esteem and confidence are linked
- Learn ways of building self-esteem and confidence
- Have explored the benefits and costs of getting angry
- Have learnt assertiveness skills
- Have learnt more effective ways of communicating
- Have learnt ways to challenge unhelpful thoughts and introduce new positive ways of thinking

Date:

Every Thursday
from
15th November
until
20th December
2018

Trainer

Victoria Abadi.

Families and Addiction Co-ordinator at The Counselling and Family Centre with 26 years experience of working with addictions. MBACP counsellor, qualified for 21 years and is FDAP Certified (Federation of Alcohol and Drug Practitioners).

Location:
The Counselling and
Family Centre
40 Mayors Road
Altrincham
WA15 9RP

Cost:

£60
(£10 MTB)

For further information or to book the course please call: 0161 941 7754 or email:
sarah.barker@thecfc.org.uk