

Building confidence, self-esteem & resilience with



BROXTOWE YOUTH
HOMELESSNESS

This two-day training workshop is an introduction to understanding personal emotional resilience: including working out what you want to achieve, identifying what stands in your way and setting realistic, achievable goals.

We will work in a small, relaxed group to identify the issues that are important to you personally, to build your self-esteem and confidence in yourself and your abilities.

The training will take place at:

BYH, 1 Church Walk, Stapleford, NG9 8DE

*Lunch is provided and travel costs will be covered

**Numbers are strictly limited, so book your place now!

Completion will achieve a Level 1 AIM Award in Personal Emotional Resilience



Reserve a place now!

Call:
0115 9396760

or contact us via Facebook:
BYH Stapleford