



Illuminate Charity

## **Confidence for Change programme 2018** Information – Cambridge

Illuminate is a Cambridge based charity that provides coaching and training for the unemployed or those on a limited income. We build confidence, raise self-esteem and enable fundamental positive change. We do this through our Confidence for Change programme, workshops and coaching.

We will be delivering a 4 day Confidence for Change course funded by Big Lottery Fund.

This course is specifically for people who are ready for change, and who may have experienced or are experiencing mental health issues including anxiety and depression.

Dates are: -

**Thursdays – 18<sup>th</sup>, 25<sup>th</sup> January and 1<sup>st</sup>, 8<sup>th</sup> February.**

Times – **10.00 – 2.30pm**

Venue – **Arbury Community Centre, Campkin Road, Cambridge CB4 2LD**

The course is informal, friendly and you will meet other like-minded people. It is designed to challenge your thinking. We share personal development and coaching techniques that you can use, plus practical strategies to help you really build confidence and move forward.

We also offer techniques and ideas for managing fear and overcoming a negative mind-set.

By the end you will notice an increase in your confidence and a clear understanding of what is really important to you.

There are up to 12 places available free, to the right people. To be eligible you will need to be 18 or over, unemployed or work under 16 hours a week.

If you are interested, please make sure you can commit to all the dates above.

You will be open to new ways of thinking and ideas. Also be prepared to invest in yourself by completing activities set, during and in between our training days, so you get the most out of this experience.

Importantly you'll be comfortable working in an informal and friendly group setting.

Any queries or to receive an application form, please contact us –

**Sam 01223 520124**

or

**Maria 07974 952724**

**Email - [info@illuminatecharity.org.uk](mailto:info@illuminatecharity.org.uk)**



[www.illuminatecharity.org.uk](http://www.illuminatecharity.org.uk)

**LOTTERY FUNDED**