



Illuminate Charity  
**2 day course for women 2019**  
Information – Cambridge

Illuminate provides training and coaching for people unemployed or on a limited income. We build confidence, raise self-esteem and enable fundamental positive change through Confidence for Change, courses and workshops.

We are delivering a 2 day course in Cambridge, this course is for women looking to build self-confidence and start making changes in life, you will also get to identify your strengths, know what's really important to you and understand the building blocks to self-confidence and resilience.

It's an introduction to personal development and understanding what makes you unique. It is specifically for people who are ready for change and may have experienced or are experiencing mental ill health including anxiety and depression.

**Dates are: - Tuesday 2<sup>nd</sup> April and Wednesday 3<sup>rd</sup> April**

**Times: 10.00 – 2.00pm**

**Venue is: - St. Andrews Hall, Cambridge CB4 1DH**

The course is informal, friendly and you will meet other like-minded people. We share tools and techniques to help you really start making changes in your life and gain some personal insights. Plus practical strategies to help you really build confidence and managing fear all helpful in overcoming a negative mind-set.

The course is informal, friendly and will be delivered by Maria from Illuminate. We promise there is **no** essay writing or role-play; our courses are informal and welcoming.

To be eligible you will be 18 or over, unemployed or work under 16 hours a week.

If you are interested, please make sure you can commit to both days. You will be open to new ways of thinking and ideas. Importantly you'll be comfortable working in an informal and friendly group setting.

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

**Sam 01223 520124**

**or**

**Maria 07974 952724**

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

