

Illuminate Confidence for Change 1 day course March 2019 Information

Illuminate is a Cambridge based small charity providing coaching and training for people who are unemployed or on a limited income. We build confidence, raise self-esteem and enable fundamental positive change. We do this through our Confidence for Change courses and workshops.

We will be delivering a one day course in March Cambridgeshire funded by the The Community Fund.

The day is for people who are ready for change and who may have experienced or are experiencing mental health issues including anxiety and depression. If you have been on any of our courses before this will be a refresher and a reminder. If you've never worked with us before then this is the perfect taster day to come and try.

The course is informal and friendly, there is no essay writing and you can take notes for yourself. We share strategies, tips and techniques that you can use from the start to help you really build confidence and move forward. We will cover subjects such as body language, negative and open mindset, identifying strengths and values.

To be eligible you will be 18 or over, unemployed or work under 16 hours a week. We promise no role-play or presentations to the group. We will ask you to bring a packed lunch but we do provide refreshments.

To receive an application form or any queries please get in touch with Maria or Sam – info@illuminatecharity.org.uk

Maria – 07974 952724

Sam – 07841 187285

Date: - **Tuesday 11th June**

Times – **10.00 – 2.30pm**

Venue – **March Library, City Rd, March PE15 9LT**

