

# Family and Community Learning

**DECEMBER 2021**

## **ONLINE CONFIDENCE COURSES**



**Wiltshire Council**



**JOIN OUR ONLINE CONFIDENCE BOOSTING COURSES TO HELP YOU MAKE POSITIVE CHANGES AND BRIGHTEN UP YOUR TOMORROW**



### **Discovering Confidence**

**Wednesday 1 December 10:00-12:00 (1x2 hr session)**

- Identify your strengths and weaknesses
- Use your strengths to achieve your goals
- Increase self-confidence and self esteem

### **Confidence and New Directions**

**Wednesday 8 December 10:00-12:00 (5x2hr sessions)**

- Learn to increase self-confidence and self esteem
- Identify pathways forward to securing employment or continuing education

### **Positive Futures**

**Date to be confirmed 10:00-12:00 (5x2hr sessions)**

- Build on developing a positive mindset
- Focus on overcoming barriers
- Plan to be more resilient

### **CONTACT DETAILS**

**EMAIL: [FAMILYANDCOMMUNITYLEARNING@WILTSHIRE.GOV.UK](mailto:FAMILYANDCOMMUNITYLEARNING@WILTSHIRE.GOV.UK)**

**WEBSITE: [WORKWILTSHIRE.CO.UK/FAMILY-LEARNING/](http://WORKWILTSHIRE.CO.UK/FAMILY-LEARNING/)**

**CALL: 01225 770478**

**COURSES ARE FUNDED BY THE EDUCATION AND SKILLS FUNDING AGENCY. LEARNERS MUST BE 19+, SERVICE FAMILY, HAVE BEEN RESIDENT IN UK/EU FOR THREE OR MORE YEARS, HAVE LESS THAN FIVE GCSEs GRADES A-C AND/OR IN RECEIPT OF BENEFITS. IF YOU ARE STUCK IN A RUT OR GOING THROUGH A DIFFICULT TIME, PLEASE CALL US TO FIND OUT MORE ABOUT OUR COURSES AND HOW TO JOIN.**