

Personal Development

connexions

LEICESTER SHIRE



Overview:

This course is aimed at building confidence and self belief. It will include activities that improve self-knowledge and identity, helps to develop talents and potential, enhance quality of life and contribute to the realisation of aspirations and build employability

Key areas:

- Self Assessment
- Assertiveness
- Body Language
- Communication Skills
- Career Planning
- Learning Styles
- Motivational Tools
- Removing Barriers

This course can be tailored to meet your organisational needs

These courses are also available to purchase and CTAS will be able to offer Train the Trainer packages for your staff

Who will benefit:

This course is aimed at those who want to develop their self esteem, confidence and improve their coping strategies.

The course is highly interactive and combines guidance with life coaching, helping participants to move forward in their lives and their career.

Venue: TBA

Min/Max nos: 8—12

Course fees: On application

Duration: As required

Dates: TBA

Times: As required

For enquiries or further details please contact Jan Harvey on 0116 2615922 or e mail

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