

Get back on **Track!**
Fully Funded Courses

COURSE OUTLINE

Confidence Building

This course is for people who would like to become more confidence and boost their self esteem.

At the end of this course you will become a new version of yourself. You will learn powerful tools and techniques that will transform you into the confident person that you would like to become.



Accredited by Agored Cymru. You will be awarded learning credits and a certificate.



5 Weeks
2 hours per week

Your tutor will advise you on the next step and what further courses and training you will need to achieve your goals.

Contact the Centre on the number below to reserve a place on the next available course.

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