

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

COURSE OUTLINE

Personal Development Toolkit

This will help build confidence and self esteem and improve your communication skills.

You will be able to achieve some mix and match units according to your individual needs to help you reach your goals and get you back on track.

Includes:

Confidence & Assertiveness
Stress Management
Anger Management
Time Management and,
Communication & Counselling.



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



10 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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