



**FULFIL YOURSELF, REACH YOUR POTENTIAL AND
EMPOWER YOURSELF BY DEVELOPING SKILLS AND ABILITIES IN RELATION TO:**

**EMPLOYABILITY
MAXIMISING SELF-CONFIDENCE
RELATIONSHIPS
ASSERTIVENESS
RESILIENCE
COMMUNICATION
OVERCOMING ANXIETY**

**This FREE Life Skills Enhancement Programme is Funded by:
London Borough of Richmond-Upon-Thames and starts on Saturday January
18th - Full course details, see link below.**

**Only Residents Living Within The Borough Are Eligible To Enrol, Or Those
Receiving Support From A Richmond-Based Project**

HOW CAN WE IMPROVE OUR CHANCES OF FULFILLING OURSELVES?

We all know what it feels like to overcome something that's been bothering us
- We achieve a sense of empowerment and belief in ourselves.

Well that's what this course is about.

We sometimes think that we don't have the capabilities to overcome some of
life's more challenging difficulties. Yet we all have within us the capacity to
deal effectively with them.

This interactive course is designed to provide you with tools and support in
meeting modern day life challenges, by bringing out the skills you already
possess and using them to enhance and positively affect your life.

You'll be able to learn and share with others in a friendly and safe community
atmosphere.

Course Details and Venue at
http://www.rocbase.org.uk/wp-content/uploads/2019/11/Course-Content.Rvvd_.pdf
or Contact Anton Smith at anton@rocbase.org.uk