

Hello

We still have some places left on the following courses.

To find out more or to book:

call: 030 300 38212 (please leave a message)

email: community.info@escg.ac.uk

Please include your phone number when booking.

Confidence Towards Work

Are you applying for jobs and need a boost?

This FREE 6 week course will help you to develop both your confidence and skills whilst job seeking.

- ✓ Identify your unique skills and qualities
- ✓ Improve your communication skills to give you confidence in interviews and when meeting new people
- ✓ Develop your ability to deal with setbacks and become more resilient

This is a 6 week course taking place on the following Thursdays:

25th February, 4th, 11th, 18th, 25th March & 1st April.

10:00am – 12:00pm

Online via Zoom

Mindful Living

Learn Mindfulness practices to help manage stress, anxiety and low mood and enhance your general wellbeing.

- Develop your ability to move from chaos to calm.
- Delivered online in a small group by an experienced Instructor.

- Open to adults aged 19 or over.

Sessions will take place on the following Fridays:
26th February & 5th, 12th 19th, 26th March

1.30 – 3.30pm

Online via ZOOM

The Strength In You

Would you like to feel more confident in dealing with life's challenges?

Come along to this welcoming, friendly and free course!

- Learn how to change your relationship with fear.
- Strengthen your emotional resilience.
- Develop your ability to get back up after you have been knocked down by life's events.

This is a 6 week course taking place on the following Tuesdays:

23rd February & 2nd, 9th, 16th, 23rd, 30th March

1:30pm – 3:30pm

Online Via Zoom

Assertiveness

Communicating with Confidence

Becoming a more assertive communicator can help you create wellbeing in yourself and impact positively on your relationships with others. This course will help you to understand what assertive communication is (and what it isn't) and how to practise it.

- Taught by an experienced instructor.
- Open to adults aged 19 or over.

This 6 week course will take place on the following Wednesdays:
24th February, 3rd, 10th, 17th, 24th, 31st March

1:30pm – 3:30pm