



01454 864613



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SOUTH GLOUCESTERSHIRE COMMUNITY LEARNING

# FREE\* course

## Steps to Assertiveness

The course will help you to:

- Identify ways to build your confidence and self esteem
- Manage stressful situations and assert yourself positively
- Deal with others who have difficult/strong personalities
- Recognise your life achievements, skills and personal qualities
- Share ideas and support each other as a group

Where:	The Batch Community Centre, Park Road, Cadbury Heath BS30 8EB
How long:	5 weeks – every Friday afternoon
Starts:	4 November 2016, 1.00 – 3.00pm

***We look forward to seeing you!***

For further details and to book your place, please contact **Sam Jones**, Community Learning Development Worker on **01454 865943** or email **samantha.jones1@southglos.gov.uk**

\* For adults aged 19+ with few or no qualifications. Other terms and conditions apply