



Illuminate Charity
2 day course for men
Information – Cambridge

Illuminate is a Cambridge based charity that provides coaching and training for people unemployed or on a limited income. We build confidence, raise self-esteem and enable fundamental positive change. We do this through our Confidence for Change programme, workshops and coaching.

We will be delivering a 2 day course for men in Cambridge, this course is for anyone looking for the tools to start making changes in life, you will also get to identify your strengths, know what's really important to you personally and understand the building blocks to self-confidence and resilience.

It's an introduction to personal development and understanding what makes you unique. It is specifically for people who are ready for change and may have experienced or are experiencing mental ill health including anxiety and depression.

Dates: - Tuesday 16th October and Wednesday 17th October

Times: - 10.00 – 2.30pm

Venue: - St. Andrews Hall, Cambridge CB4 1DH

The course is informal, friendly and will be delivered by experienced trainer John Clark, John has over 26 years' experience helping and supporting people through coaching and training and a trustee for Illuminate.

By the end, you will notice an increase in your confidence and a clear understanding of what is really important to you and what makes you unique. We promise there is **no** essay writing or role-play; our courses are informal and welcoming.

To be eligible you will be 18 or over, unemployed or work under 16 hours a week.

If you are interested, please make sure you can commit to both days. You will be open to new ways of thinking and ideas. Importantly you'll be comfortable working in an informal and friendly group setting.

Any queries or to receive our short application form, please contact us –

Sam 01223 520124

or

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www.illuminatecharity.org.uk



LOTTERY FUNDED