



Illuminate

Confidence for Change 2018

Information – Wisbech

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

We will be delivering our 3 day Confidence for Change course funded by Big Lottery Fund. It is specifically for people who are ready for change, and who may have experienced or are experiencing mental health issues including anxiety and depression.

Dates are: -

Wednesday 31st Oct. Wednesday 7th Nov. and Wednesday 14th Nov.

Times – **10.00 – 2.30pm**

Venue – **The library Wisbech Cambridgeshire PE13 1EU**

The course is informal, friendly and is designed to challenge your thinking. We share personal development and coaching techniques that you can use straight away, plus practical strategies to help you really build confidence and move forward. We also offer tips for managing fear and overcoming a negative mind-set.

By the end you will notice an increase in your confidence and a clear understanding of what is really important to you.

There are up to 10 places available free, to the right people. To be eligible you will need to be 18 or over, unemployed or work under 16 hours a week. Importantly you'll be comfortable working in an informal and friendly group setting.

If you are interested please make sure you can commit to all the dates above. You will be open to new ways of thinking and ideas. Be prepared to invest in yourself by completing any activities set, during and in between our training days, so you get the most out of the course.

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

Sam 01223 520124 or Maria 07974 952724

info@illuminatecharity.org.uk