



Illuminate Charity Confidence for Change Information – Huntingdon 2020

Illuminate Charity provides coaching and training for people who are unemployed or 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 a 3 day Confidence for Change course, one day a week, funded by the National Lottery Community Fund.

This course 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: -

Thursday 13th February, half-term break, Thurs. 27th Feb, Thurs 5th March

Times – 10.00 – 2.30pm

Venue – The Maple Centre, Oak Drive, Huntingdon PE29 7HN

The course is informal, friendly and you will share personal development and coaching techniques that you can use from day one, plus practical strategies to help you really build confidence and move forward. We also offer techniques and ideas for managing fear and overcoming a negative mind-set.

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

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

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. Also be prepared to invest in yourself by completing activities set, during and in between our training days, so you get the most out of this experience. Importantly you'll be comfortable working in an informal and friendly group setting.

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

Sam 07841 187285 or Maria 07974 952724

Email - info@illuminatecharity.org.uk

