

Please choose course date, complete your personal details and return to:

MindWorks  
Trafalgar House  
41 - 45 Beverley Road  
Hull  
HU3 1XH  
Tel: 01482 240134

Goole:  
The Courtyard  
Boothferry Road  
Goole  
DN14 6AE  
Tel: 01405 837130

Bridlington:  
Hull and East Yorkshire Mind  
Bridlington Railway Station  
Station Approach  
Bridlington  
YO15 3EP  
Tel: 01262 400000

Also visit  
[www.mindworkstraining.co.uk](http://www.mindworkstraining.co.uk) to  
sign up for any of our courses!

After we have received your booking form, the course trainer will contact you in order to arrange a meeting. This is to ensure the course is suitable for your needs and enrol you on the course!

[www.mindworkstraining.co.uk](http://www.mindworkstraining.co.uk)

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Registered Charity Number: 1101976

Company Number: 4936165

Charity Registered in England



[www.mindworkstraining.co.uk](http://www.mindworkstraining.co.uk)

➤ **Build your Confidence**  
➤ **Be Assertive**

**FREE  
TWO-DAY  
COURSES  
in 2008/09**



**Goole/Bridlington**



Hull & East Yorkshire  
Mind

## Confidence Building & Assertiveness

A practical 2 day course, which is aimed at developing your personal confidence and self-esteem. Increase your self-confidence, to help yourself take steps to enter or return to employment.



Assess your own self-esteem and develop ways to overcome personal weakness.

Other areas to be address over the two days will be:

- Situations that impact on confidence
- Confidence enhancement
- Positive attitudes and behaviour
- What is self esteem?
- Assertiveness skills
- Relaxation and breathing techniques to control anxiety



### ELIGIBILITY FOR COURSE:

- Over 19 years of age
- Resident in the Goole/Brid area
- Resident in the UK for over 3 years

### Booking Form

Name

Address

Phone

#### Course Details

(All courses run from 9:15am - 4:30pm and at The Courtyard in Goole and The Old Parcels Office in Bridlington)

Course:

**Confidence & Assertiveness Building**

Dates:

Please return to address overleaf