

HOW TO BOOK

- Complete the required details and detach the form.
- Then post the booking form to the address overleaf.
- Alternatively, you can book by phoning:

01992 638633

or

Email:

juli@vcbroxbourne.org.uk

You may also ask someone where you picked up this information for them to book on your behalf.

There will be an opportunity to plan ahead and think about what you would like to do next.

Training?

Volunteering?

Work experience?

...?

***This course is completely FREE
(including lunch!)***

so what have you got to lose?

*Numbers are limited and places
will be allocated on a first come
first served basis*

Improving Your Chances

*... feeling confident about the Next
Step*



**CALL 01992 638633
TO PRE-BOOK OR FIND OUT MORE
ABOUT THIS COURSE**

Improving Your Chances



BOOKING FORM

Name

Address

Postcode

Phone (home)

Phone (mob)

Date

Post the booking form to the following address

Improving Your Chances TRAINING

Volunteer Centre Broxbourne & East Herts
Silverline House
1-3 Albury Grove Road
Cheshunt
Herts EN8 8NS 01992 638633

Team Work:

Many aspects of our day to day lives involve working as part of a team. This workshop will help identify your role in a team and that of others. It aims to help you become more confident in group situations.

Confidence Building:

When we experience a lack of confidence it can lead to us under valuing our positive experiences, skills and qualities. The aim of this workshop is to help you reconnect and develop further self awareness.

Interview / Life Skills:

The aim of this workshop is to improve communication and interpersonal skills in an interview, the home environment and within the community. The exercises help you to feel more confident when speaking about yourself, enabling you to give a more effective interview.

Stress Awareness:

This workshop aims for you to know your stress triggers and help you recognise when you are stressed. By identifying what to eat and what helps you relax you can make the right choices to manage your stress and stay healthy.

Goal Setting:

The aim of this workshop is for you to learn a tool which will enable you to set clear and realistic goals. Using a simple format you will create an effective plan which will help you achieve the steps towards the goals.

FURTHER COURSE INFORMATION

All training sessions will take place locally

More detailed information about the courses will be sent to participants after a place has been booked, along with the confirmation of their booking and a map for the training venue.
If you wish to discuss anything relating to these courses, please contact
Volunteer Centre Broxbourne & East Herts on 01992 638633