

The course is delivered in a group setting with a qualified facilitator who helps participants to co-create their learning through interactive discussions, personal reflection time, the use of short video bursts and activities utilising a wide variety of learning styles.

### How does it work?



The programme is effective in:

- Helping long-term unemployed people develop the motivation and self-belief to complete other training and find jobs.
- Equipping parents with better parenting skills. enabling those being made redundant to develop a new future for themselves.
- Reducing re offending and aiding reintegration with employment as part of offender learning initiatives.
- Helping employees gain the confidence to deal with change, improve their working relationships with colleagues and take more accountability for the impact of their own behaviour on the working culture of the organisation.
- Improving relationships between teachers and parents and fostering increased parental involvement in school life.
- Strengthening grassroots change initiatives in community regeneration projects along with a renewed sense of possibility and community; enhancing participation in and ownership of local initiatives.

**“Very inspirational training and I will definitely use what I have learnt. Thanks for 3 brilliant days!”**

**“Brilliant, a very useful course that has opened my mind to a lot of new ways of thinking.”**

### What can you expect?



- Have greater expectations of success and higher self-efficacy.
- Achieve higher levels of motivation
- Increase self belief
- Improve ability to set goals
- Raise levels of personal accountability
- Gain insight into how your mind works.

**£90**  
**Per**  
**person**

### Course Details



**Dates:**

5th, 12th, 19th February 2015

**Time:** 09:30 - 17:00

**Venue:** Enterprise Village, Prince Albert Gardens, Grimsby, DN31 3AT

*Please note lunch is not provided*

For more information and booking enquiries, contact:

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