

Developing Personal Confidence and Self Awareness

Accredited through the National Open College Network

A 10 Week accredited Confidence Building Course
for Women in the Black and Minority Ethnic Community



- Learn more about different types of behaviour and building healthy personal, work relationships and friendships
- Explore how cultural and traditional upbringing informs your self image and identity
- Gain a range of assertiveness techniques and strategies and build overall self confidence
- Explore how racism and internalised racism affects self esteem and our choices
- Practise a range of stress management techniques - food and mood
- Create an action for your personal development beyond the course

Date: Starting Tuesday January 19th 2010

Time: 6:45pm - 8:45pm

Venue: Murrayside Community Centre, Nacton Road, Ipswich, IP3 9JL

For more information please contact Imani on 01473 325 286

