

Building Confidence and Resilience

with Wirral Met College



Do you want to build your confidence?

Do you want to understand different ways to become more resilient?

On this day course we will give you key tips and skills to improve your confidence and work on resilience.

This course is free to complete and won't affect your benefits.



Course Details:

**10AM - 2:30PM
Friday 17th May 2024**

Book your place with Tomorrow's Women



Tomorrow's
Women

Tomorrow's Women CH, 5 Upper
Northgate St, Chester CH1 4EE