

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:

1PM - 4PM
Thursday 20th June 2024

Book your place with the Spider Project

Spider Project, 56 Hamilton
Street, Birkenhead, CH41 5HZ

