



# Kirklees Success Centre Presents:

**Free online courses for Kirklees Residents aged 19+**

In times of uncertainty, focus your mind and build your confidence with our online offer.

## **Steps for Success**

with Helen and Caroline

The way we think has a huge influence on how we approach life.

Helen and Caroline have identified some useful thinking skills setting your personal goals and taking the steps to achieve them.

You will learn about methods of how to increase your confidence and self-esteem and also how to improve your motivation by understanding on how we need to focus on the short-term.

**Wednesdays 17<sup>th</sup>, 24<sup>th</sup> March, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> April, 5<sup>th</sup> May 10am-12noon (Course code: FL2021018)**

As well as learning about the course content you will also be challenging your skills with Zoom and online worksheets. Friendly tutors will help guide you through the processes, no need to worry!

Our training is fun and informal, allowing you to share your own experiences and help each other.

**Want more information before you commit?**

Email [helen.kerr@kirklees.gov.uk](mailto:helen.kerr@kirklees.gov.uk) and she will get the tutor to contact you!

Otherwise enrol online here with the course code FL2021018 on :

[https://my.kirklees.gov.uk/service/Schools and education](https://my.kirklees.gov.uk/service/Schools_and_education)  
[Kirklees Council Learner Enrolment Form 2020 2021](#)

And you will be sent a welcome pack from your tutor to get you ready for your learning.