**MIGHTY OAKS – BUILD YOUR CONFIDENCE**

**29th June - 18th July 2018**

**West Euston Partnership is offering a FREE group coaching programme to help you make progress towards your goals and tap into your hidden potential**

**THE BENEFITS**

Our qualified group coach will help you…

* Gain a more positive mindset
* Find solutions to help you overcome the obstacles and challenges you may be facing
* Take inspired action to help achieve your goals
* Increase your resilience, confidence and creativity

**THE PROGRAMME**

This programme will run over three weeks as follows.

Workshop 1 10.00 – 1.30pm Friday 29th June (& 121s 2.00 – 4.00pm)

Workshop 2 10.00 – 1.30pm Friday 6th July (& 121s 2.00 – 4.00pm)

121 Coaching 10.00 – 5.00pm Friday 13th July

Workshop 3 10.00 – 1.30pm Weds 18th July (& 121s 2.00 – 4.00pm)

You will receive a Course Handbook, a Certificate of Completion, exclusive online video resources, a free book and a follow up 30-minute coaching call a few weeks after the end of the programme.

**YOU MUST BE:**

* Aged 18 and over
* Unemployed
* Able to attend ALL 3 WORKSHOPS & the 121s
* Willing to support each other in each session

**WHERE:**

The course will take place at:

* **West Euston Partnership, 29-31 Hampstead Road, London NW1 3JA** (3 mins from Warren Street tube, 5 mins from Euston tube)

**To book a place, please contact:**

**David Hermanstein on 07908 845154 or email:** [**david.hermanstein@camden.gov.uk**](mailto:david.hermanstein@camden.gov.uk)