

Boost your confidence and self-esteem workshop



A two-part confidence boosting workshop delivered by the LPFT Staff Wellbeing Service.



Email us at lpft.staffwell-being@nhs.net to sign-up, including details of which 2-part workshop you wish to attend.

What can you hope to get from this workshop?

Confidence



Gain confidence and improve your self esteem by developing your skills in assertiveness

Self Awareness

Develop insight into your own communication and behaviour and learn strategies for positive change



Positive relationships

Learn strategies for improving personal and professional relationships and develop insight into your communication style



Communication

Gain the skills to enable you to communicate openly and effectively with others regarding your thoughts and feelings



Dates

- Friday 8th July 2022 and Friday 22nd July 2022
- Friday 29th July 2022 and Friday 12th August 2022

Please note that sessions run from 9.30am - 12.00pm and you would need to be able to attend both parts

To confirm your place on the workshop , we will send you an email with a link to access the MS Teams meeting. Please note that there will be limited places on each course.