

# A More Confident Me

## Wellbeing, Life Skills and Employability

A 2- day course covering crafts, wellbeing, life and employability skills providing a chance to build your confidence and socialise with others from your local community whilst getting involved in lifelong learning.

Course code: 24ASB070

**Tuesdays & Thursdays**  
**(2-day course)**  
**9am – 3pm**

Starting 17th September – 14th  
November 2024  
(9 weeks, including school holidays)

Venue:  
Warsop Town Hall

Suitable for adults aged 19+ years. Free to attend with progression courses available at this venue throughout the year.

All learners will be required to complete an enrolment form and workbooks as part of this course.

Places will be limited and must be booked in advance. For more details or to book please contact 01623 441310 or email [college.info@attfe.org.uk](mailto:college.info@attfe.org.uk)