

MY TURN...

- ▶ To Build a Positive Mindset
- ▶ To Overcome My Barriers
- ▶ To Build My Confidence
- ▶ To Set My Goals



My Turn is a 2-day course designed to help men and women build a positive future through gaining self-motivation and working to break down barriers to change.

This course is part of the Better Off Finance programme and is available to unemployed men and women living in the Liverpool City Region. If you would like more information or to book a place, please contact our engagement team on hello@thewo.org.uk or 0151 706 8111.

This project is funded by the European Social Fund and The National Lottery Community Fund.



This 2-day course covers:

- Looking at your thought processes, feelings and behaviors
- Identifying personal visions to help in your relationships
- Positive Thinking
- What is confidence and how to improve yours
- How to build your self-motivation
- Techniques to tackle problem solving

Dates:

Tuesday 2nd April & Wednesday 3rd April, 10-3
Monday 13th May 2019 Tuesday 14th May, 10-3

**at: The Venue, Huyton
L36 9GD**

**This programme is part of the Better Off Finance Programme
and is open to anyone who is 18+, unemployed
living in the Liverpool City Region.
(Liverpool, Sefton, Wirral, St Helens, Halton, Knowsley)**

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