

Building Confidence and Resilience

with Wirral Met College



Do you want to build your confidence?

Do you want to understand different ways to become more resilient?

On this day course we will give you key tips and skills to improve your confidence and work on resilience.

This course is free to complete and won't affect your benefits.



Course Details:

12:30PM - 3:30PM
Thursday 13th June 2024

Book your place with Tomorrow's Women

Tomorrow's Women BH, Beckwith Street E, Birkenhead, CH41 3JE



Tomorrow's
Women