**MIGHTY OAKS – BUILD YOUR CONFIDENCE**

**26th February – 7th March 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 for four sessions over two weeks from 10.00am – 12.30pm. The dates are:

* Monday 26th February
* Wednesday 28th February
* Monday 5th March
* Wednesday 7th March

You will also be offered an extra one-to-one 60-minute coaching session. And as a bonus you will also have access to exclusive videos on the internet to support your learning.

**YOU MUST BE:**

* Aged 18 or over
* Unemployed
* Able to attend ALL 4 SESSIONS
* 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)