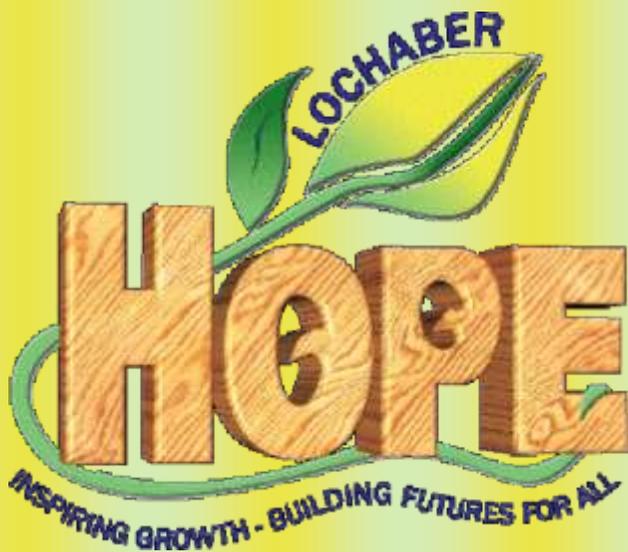




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Motivational and Personal Development Courses

2016/2017

*New Accredited 50 hours
Mentor Training*

Taster Sessions:

These sessions or workshops last two hours.

One Day Courses

10am - 4pm.

Two Day Courses

10am – 4pm

6 Day Courses (over 6 weeks)

10am – 4pm, 1 day per week over 6 weeks

Group Courses

Our courses can be adapted to suit group requirements and dates and times can be flexible to accommodate your group requirements.

We enjoy a relaxed and informal learning environment based on person centred values.

Taking Control Confidently: How to say what want to say, do what you want to do while taking into consideration your feelings and those of others

Effective Communication: What is it you want to say? How to ask, respond, tell what is going on for you in a way that is clear concise and avoids misunderstanding

Personal Development: Anyone can attend this who feels low in self esteem, lacking confidence at risk of feeling isolated or who simply would like to take more control over their own personal development

Assertiveness: Knowing your rights and how to describe your needs in a confident and considerate manner

Motivational Workshop: find out what motivates you and how to keep it up.

Options and Choices: For anyone who is facing new circumstances or wishing to make a new start and wanting a base from which to decide the next step towards employment or community inclusion.

CV writing and Interview techniques: A CV is the first impression you give an employer, it's worth getting this right, learn to sell yourself. An interview is a chance to show a prospective employer the real you, don't let nerves get the better of you, and remember it's a two way interview!

Additional courses for volunteers or staff supporting or encouraging people in the community.

Basic Counselling Skills: These sessions are designed for anyone who is working or volunteering with people who could benefit from person centred core skills.

Listening Skills: To be able to help you have to be able to hear, learn how to listen effectively.

Mentor Training: From 'what is a mentor?' to achieving accredited recognition in this individually goal focussed support.

Accredited