



**Big Ambitions**

## ***Learning and Health Connect***

*This free dedicated training programme is for people experiencing poor mental wellbeing to increase personal development skills and explore entering employment.*



***A 5 week training programme focusing on:***  
*Motivation Techniques*  
*Confidence and self esteem*  
*Assertiveness and Communication*  
*Me and my Job Search*  
*Application forms and Interview Preparation*

***Courses are delivered 9am-1pm or 1pm-5pm every Thursday***

***Contact us on 01302 874963 or [enquiries@bigambitions.org.uk](mailto:enquiries@bigambitions.org.uk) to book a place on the course.***

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**Tel: 01302 874963**