



## The course will provide support with ...

- Confidence building
- Communication skills
- Team working skills
- Identifying personal strengths
- Motivational techniques
- Exploring barriers/developing resilience
- Relating personal strengths to employability skills

# Wellbeing Course

Start Date: Friday 3 November 2017

Time: 9:15am – 12:15pm

Duration: 6 Weeks

Location: Seagate Church, West Portland Street, Troon, KA10 6AB

Call Employability & Skills on 01292 612301 to book your place now!

A large, abstract graphic composed of numerous overlapping triangles in various colors including red, green, blue, orange, purple, and pink. The triangles are arranged in a way that creates a sense of movement and depth, with some pointing towards the viewer and others away.

*south*  
**AYRSHIRE**  
COUNCIL



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