

Grow Your Own Confidence

with Edward Hollamby

from ESH CONSULTANCY
& TRAINING Ltd

“This course helps take the ‘**Con**’ out of **Confidence** – it helps us realise that everyone struggles with confidence at some point in their lives, whether it is obvious to other people or not.

If that is the case, let's just be honest about it and find ways to build our confidence, overcome some of the challenge's life throws at us and start enjoying life a little more.

Ed Hollamby has run this course with thousands of people in many settings. His honest, funny, and down-to-earth approach is always really well received. This is what some people from other Children's Centre's had to say about the course:

“Brilliant. I've never done a course before that has such tangible, useable benefits that make such a difference.”

“Ed has really helped me to admit to myself that I am struggling with confidence/life at the minute and with his help/ideas I have managed to talk to someone about my thoughts/issues and consequently am moving on in the right direction.”

4 x Friday lunchtime sessions 12:30 – 2:00
(A practice zoom session is available if you have never used it before)

For further information please speak with your local Skills Development Officer.
To book onto the course please email beststart@eyalliance.org.uk quoting 'Confidence Course' with **your name, child's name, postcode and contact number.**

HURRY, Spaces are limited!

If you are interested but unable to attend, please still email to register your interest.



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COUNTY COUNCIL
Working for a better future