

STEPS for SUCCESS

About the course

This course is about setting personal goals and taking steps to achieve them. The programme focuses on helping individuals achieve their set goals by increasing confidence and self-esteem while improving motivation and understanding how we need to focus on the short-term.

Participants discuss their goals, the barriers they face to achieving their goals and how their background influences may be preventing them from moving forward in life.

Taking steps to achieve a goal is always possible with some positive thinking and support from others.

FREE COURSE



**New course starts at The John Smith Stadium
(Kirklees Success Centre Classroom)**

Tuesday 4th October 2022 10.00 – 12.30pm

**To enrol, scan the QR code and use course
code: FL2223005 or for more information
please email
success.centres@kirklees.gov.uk or
telephone 01484 234153**



Benefits of the course

The course can:

- Help long-term unemployed people develop the motivation and self-belief to complete other training courses and find jobs.
- Develop and enhance parenting skills.
- Equip people with new skills and confidence in their potential.
- Improve and develop thinking skills so that people feel able to cope with issues and problems in their lives.

"This course gave me the confidence and motivation to finally apply for a job. It's easy to set goals but not so easy to stick to them, the course helped me learn how to set realistic short-term and long-term goals and ensure I am always working towards achieving what I want."

"This course made me feel that I could achieve anything I wanted to achieve; every week was like group therapy as we listened and supported each other."