

SEACROFT FOLK CAN

Skills workshops to help you reach your goals and gain confidence



Building wellbeing & emotional resilience

18th January 12:30 - 2:30pm

We will learn practical tips and exercises to boost your wellbeing and build your own resilience.



Group facilitation skills

25th January & 1st February 12:30 - 2:30pm

We will learn how to lead a group effectively, covering managing different personality types, creating a safe space, icebreaker exercises, managing time effectively and building trust.



Interview Skills

1st March 12:30 - 2:30pm

Learn how to shine during your interview - we will cover handling nerves, confident body language, answering unknown questions effectively and understanding your key strengths and skills.



Public Speaking with Confidence

15th March 12:30 - 2:30pm

This workshop covers public speaking to groups of any size, such as meetings or events. We will cover tackling nerves, making a speech and using body language and voice to engage your audience.

**To book your place or for any questions contact
Tshayi:07541434637 / tshayi@fallintoplace.co.uk**

Supported by



Social Enterprise
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