

Personal Development

- Communication
- Self-esteem
- Assertive Skills
- Our thought processes
- Making time for “You”



This course involves learning about what you already know! By learning to listen better, we greatly improve our relationship with ourselves and others. Building self confidence in a safe atmosphere, that is supportive and fun. Learning to find time for you and the things you enjoy doing. Have you ever found yourself saying “yes” when you really wanted to say “no”? Learn the skills of saying “no” by being respectful to you and others. If you think this course is for you, please come along, you may surprise yourself by not only learning new skills, but enjoying it too.



Fridays 11.00am – 1.00pm
8th Nov – 6th Dec 2019

Shine Resource Centre
14A Washington St West,
Cork City

To register for a place – Please call 021 4226064