



North Lanarkshire  
Community Learning  
& Development  
Partnership

**FREE  
ONLINE  
COURSE**

# INTRODUCTION TO CONFIDENCE BUILDING

Living through uncertain times can impact on our mood and confidence. NLC Adult Learning Team are offering a FREE online course to guide you through:

- What is confidence?
- Strategies to deal with unhelpful behaviours
- Plans for a more confident future

Includes:

- Pre-course 121 preparation
- All materials provided
- Weekly online sessions
- Opportunity to gain a qualification

Contact Claire McLaren on 07812 501 824 or [mclarenc@northlan.gov.uk](mailto:mclarenc@northlan.gov.uk) for more info or an informal chat.