

(ESOL) Build your Personal Resilience

Wellbeing courses can be useful to everyone. Our 'Personal Resilience' course will support you to look at ways to cope with challenging and difficult situations.

Through the Personal Resilience course, you will build confidence in speaking and listening as well as recognising the benefits of self-care and the impact of stress. You will learn recovery and calming techniques as well as other means of support....

 **Course Address:**

This is an Online Course

 **Days & Dates:**

Wednesday: 9:30am - 11:00am

7th January 2026 to 4th February 2026

 **Childcare:**

No

 **Costs:**

Free

 **Children allowed:**

No