

A More Confident You

Confidence Skills for Young Women Members
(under the age of 27 on 17th February)

When: 16 & 17th February 2016

Start Time: 11am to 5pm

Where: UNISON Centre, 130 Euston Road, London, NW1 2AY

Telephone: 0207 121 5116



A two day training course aimed at new young women members that want to become more active in UNISON or existing young women members that want to improve their confidence in different situations. This course will boost your self-esteem by looking at your own strengths and areas of development, practice assertiveness skills, encourage positive thinking, increase your confidence to network and participate in meetings/conferences, reading body language to build rapport and create a more confident you.

Contact: learningandorganising@unison.co.uk

We will cover expenses including travel, accommodation and child care.

Limited places closing date for applications are **20th January 2016**