

Confidence4Life

This **FREE** 3-day interactive, fun course is aimed at parents of children and young people with special educational needs. It is designed to enable you to feel more confident when expressing your wishes for your child, be this in a review, meeting or in the community. It will take you on a journey which finds your inner confidence and will give you a variety of tools to help you feel in control in the different circumstances, including dealing with different scenarios and the many different individuals you will meet.

The course is being delivered by **Caroline Tomlinson** who is a trained performance coach and mediator, as well as being a parent of a young man with complex disabilities. It will be interactive, encouraging and self-motivating and will enable you to develop your inner confidence in your own time and do what is right for you. So if you just want to feel more confident in meetings about your child, or if you have ambition to be a great public speaker, this course is a great place to start. It will take place 1 day per month over 3 months, enabling you to put into practice what you have learned and develop further through each of the sessions.

Friday, 27 February, 27 March and 24 April 2015

Heald Green Village Hall, 219 Outwood Road, Heald Green, Cheadle, Cheshire, SK8 3JL
9.30am to 2.30pm

Phone **07786 101072** or email
training@pipstockport.org



Parents in Partnership
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