MY TURN
THIS IS YOUR TIME TO THINK ABOUT YOU!

This programme will provide the opportunity for you to take time out for yourself and think about 'whats next'...

Across the sessions you will look at:

- Dealing With Change
- Setting Goals
- Your Skills and Qualities
- Confidence

Please see back page for more details
DAY 1: THINK, BELIEVE AND ACHIEVE

Day 1 will focus on different strategies you can use to become more confident and assertive.

Day 1 will look at:

- Focusing On The Positives
- Putting Yourself First
- Making The Change

St Helens
Millenium Centre; Corporation Street; St Helens
WA 10 1HJ
Thursday 10th May 2018
Monday 9th July 2018

All Programmes run from 10am-3pm
(Lunch Provided)
MY TURN
DAY 2: POSITIVE NEXT STEPS

Day 2 will help you understand how to identify and take your next steps

Day 2 will look at:

- What Motivates You
- Setting Your Goals
- Your Next Steps

St Helens
Millenium Centre; Corporation Street; St Helens
WA 10 1HJ
Thursday 17th May 2018
Monday 16th July 2018

All Programmes run from 10am-3pm
(Lunch Provided)
Eligibility:
This Programme is part of the Better Off Finance Programme and is open to anyone who is 18+ and not in work: (E.g. Claiming benefits, not claiming benefits, students, carers) living in the Liverpool City Region. (Liverpool, Sefton, Wirral, St Helens, Halton, Knowsley)

By attending the programme, you could have access to your own specialist key worker who can help you take your goals further. These key workers are specialists in financial capability and can help you understand more about your finances and personal need as you work towards these goals.

There is also an opportunity for participants of this programme to access accredited training through the Money Mentor Opportunity. Ask the team for more details.

Contact us on: 0151 706 8111
or Email us: hello@thewo.org.uk
For more Information or to book onto the programme

This programme is funded by The Big Lottery Fund and European Social Fund