

Power Tools

Power Tools is a suite of **personal development** learning modules

Power Tools support the understanding of how learning, personal growth and mental health and wellbeing are connected.

This consists of three building blocks:

- Think and reflect
- Enquire and grow
- Small steps of progress and change

These lead to improved wellbeing and personal effectiveness.

We run online groups of 4 to 8 people facilitated by Community Learning and Development practitioners.

The session lasts appx 1.5 hrs

In order to participate you will need either a laptop, computer, tablet or mobile phone which has a camera and microphone.

If you would like more information or to book a place contact your Family Learning/Healthy Minds or Adult Learning worker.

Please see below for dates/times.

Power Tools

Online Programme

Assertiveness

Tuesday 11th May 1—2.30pm

Excuse Busting

Wed 19th May 1.15—2.45pm

Self Identity

Friday 28th May 9.30—11am

Express Yourself

Thursday 3rd June 1—2.30pm

Self Belief & self talk

Tuesday 8th June 10.30—12noon