

EXPLORE



5 Week Online Personal Development Programme

Are you 16-25 and keen to learn new skills and boost your confidence?

This FREE 5 week online training will cover:

- One-to-one support as well as group activities to help build confidence, get motivated, meet new people, identify and achieve goals
- Sessions help boost confidence, teamwork communication and well-being. We also develop employability and independent living skills
- Personal development qualifications are available in: Interpersonal & Self-management Skills, Participating in Exercise, Healthy Lifestyle, Career Planning, Money Management and Presentation Skills

Next programme starts in February

For further info, please email Pippa.Davies@Princes-Trust.org.uk or call 07534 432769



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