

# Confidence in the Workplace

Every Thursday 9:30 - 12:45pm  
Ashley Down Centre, Bristol, BS7 9BU

Starts Thursday 21st September (10 weeks)

We review and practice various soft skills such as:

- ▶ Communication
- ▶ Positive body language
- ▶ Critical thinking
- ▶ Team work
- ▶ Stress management
- ▶ Leadership



Scan the QR code to find out more  
or following this link:  
[bit.ly/cobc-confidence-workplace](https://bit.ly/cobc-confidence-workplace)

Lecturer

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