

You're in control. Get help from a dedicated mentor to discover your potential, boost your personal skills and improve your confidence.

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## ON THIS COURSE YOU'LL:

- · Use outdoor learning to help build your confidence & motivation.
- Complete a 'Personal Development & Employability Skills' qualification.
- · Focus on improving wellbeing by setting and achieving goals.

## **DATES FOR YOUR DIARY:**

Taster day: Wed 31st January 2024 Course dates: 6th - 29th February

Location: Bristol, BS1 6BY Eligibility criteria: 16-25



If interested in this course, please email: tom.christensen@princes-trust.org.uk