



**Positive Language, Self-talk
and (optional) CV Writing**

Do you want to be kinder to yourself?

Do you want to build up a more positive self-profile?

Do you want to build your confidence?

This course is for you!

Learn how to speak kindly to yourself and become more confident in your abilities!

See that self-confidence isn't negative – learn how to replace your negative voice with positivity.

Overcome negative self-belief, find your personal skill set and be kind to your mind.

Where?

The Hub,
Linskill Centre, Linskill Terrace,
North Shields, NE30 2AY

When?

Tuesday 10am to 12pm
Starting Tuesday 19 November

**FREE and
available to
North Tyneside
Residents 18+yrs**

For more information or to enrol

Email: ali.donkin@voda.org.uk

Call: (0191) 643 2628

<https://voda.org.uk/north-tyneside-recovery-college/>