

From mountain to sea

## Adult Learning

Community Learning and Development Service

# STEPS – realising your potential

## Coming Soon - Wednesday evenings!

### Stuck in a rut ?

#### Find your Focus, Confidence & Motivation in 2019

Take a fresh look at your life - learning ways to release your potential – with tools for thinking and acting successfully.

Increase your personal effectiveness, learning how to:

- Create new solutions
- Set and achieve your goals
- Deal with change and stress
- Strengthen relationships
- Build your self belief

A **small group learning** programme delivered by trained facilitators.  
STEPS is a highly acclaimed personal development programme  
by The Pacific Institute ®

This is a 13 Unit structured and certificated course  
that runs over a 2-3 month period

Contact

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*Community Learning and Development  
Changing Lives Strengthening Communities*