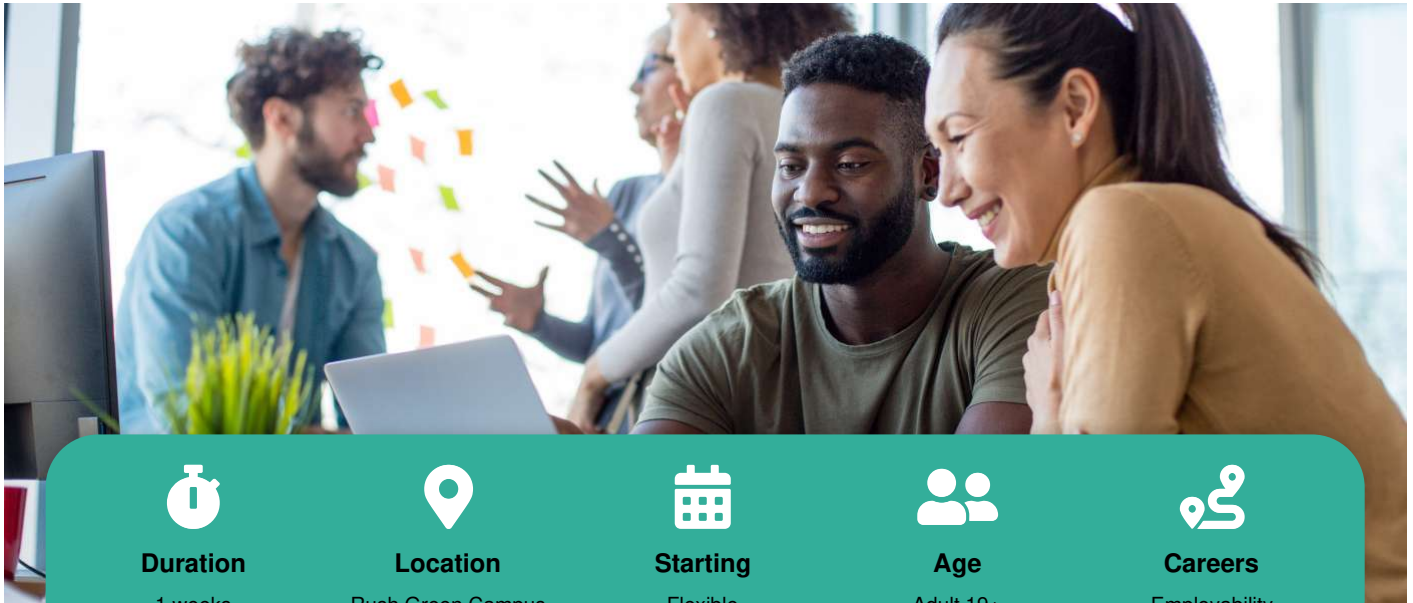







Level 1

# GOALS - Motivational Training



				
<b>Duration</b>	<b>Location</b>	<b>Starting</b>	<b>Age</b>	<b>Careers</b>
1 weeks	Rush Green Campus	Flexible	Adult 19+	Employability

## Course fees per year

ADULT 19+

**FREE**

The above fees include tuition and exam fees.  
Contact us to discuss what Financial support is available.

## Overview

GOALS is a unique, life-changing programme that raises self-esteem, by challenging the way you think, feel and behave.

Self-esteem directly impacts mindset and attitude - positive life change can be accomplished by raising self-esteem.

This 2-day short course programme can help change the way you think about yourself and is designed to raise aspirations and improve wellbeing. Create a positive outlook on life through developing new ways of thinking, coping and behaving.

The pressures in society can be a cause of low self-esteem and if you're not where you would like to be right now, with your career or personal life, this course will allow you to work on any confidence restraints you may have, to get you to where you want to be.

## What you'll learn

You will learn techniques that can support you to improve your confidence and self-esteem.

On this short course, you will learn:

- Confidence building techniques
- How to improve self-esteem

- How to increase and improve personal aspirations and wellbeing

## Entry requirements

There are no formal entry requirements for this course.

## What this course leads to

You will be able to use the skills learnt to decide on your next steps, in life or work, or progress to another full-time or part-time course, if you wanted to.

Visit this course on our website: <https://barkingdagenhamcollege.ac.uk/find/courses/0000011528>

For further information please contact the college: <https://barkingdagenhamcollege.ac.uk/contact>