Next Step Moving On...



Are you wondering what to do next?

During this course you will explore the options available to you, drawing on the knowledge you have already gained to set goals and plan your next steps with especially focus on looking at suitable volunteering options

What will be covered in this course:

- Identify ways to set goals and stay motivated
- Look at way how to move into voluntary work
- Understand ways to help your wellbeing and resilience
- Formulate a basic three month sustainable plan

28th and 29th May
10:00 - 13:00

Heart of the Park (Leigh Park Community Centre)
Dunsbury Way
Havant
PO9 5BG

FREE to Hampshire residence (additional criteria apply)

Sign up via the QR code or visit our website (ref: 1360): Cfirst.org.uk/training

Also visit our website to find more free courses such as Building your personal resilience and Wellness

Contact us:
bookings@cfirst.org.uk
01730 777059

Hampshire Learns
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training