

Personal Development

This Personal Development course helps you develop a positive mindset and navigate life's challenges—whether for personal growth or career progress.

What You'll Learn

- ▶ **Resilience Techniques:** Discover practical strategies for managing stress and bouncing back from setbacks.
- ▶ **Real-Life Application:** Learn how to put these techniques into practice in your daily life.
- ▶ **Emotional Wellbeing:** Gain insights and tools to support your mental and emotional health.
- ▶ **Confidence Building:** Strengthen your self-belief and approach new situations with clarity and courage.
- ▶ **Growth Mindset Development:** Learn how to embrace challenges and see mistakes as opportunities to grow.



Why Choose Us?

- ▶ Get continued guidance after the course to help you progress in learning or work.
- ▶ Learn from experienced tutors who specialise in personal development.
- ▶ Build skills to move forward in your personal or professional life.

Course Details

Course dates - 14/01/2026 to 16/01/2026

Course times - 9am to 1pm

Venue:

High Hazels Academy
83 Fisher Ln, Darnall, Sheffield S9 4RP

**Available places - 12*

Apply by:

Scanning the QR code

Email – Contact@skills-uk.co.uk

Call/text 07975831053

Contact Fatima Khan:
07727301487 – 01142442189

**See website for eligibility
criteria - www.skills-uk.co.uk*

