



# Kirklees Success Centre Presents:



**Free online courses for Kirklees Residents  
aged 19+**

**In times of uncertainty, focus your mind and build your  
confidence with our online offer.**

## **Steps for Success**

**with Helen and Caroline**

**The way we think has a huge influence on how we approach life.**

**Helen and Caroline have identified some useful thinking skills  
setting your personal goals and taking the steps to achieve them.  
You will learn about methods of how to increase your confidence  
and self-esteem and also how to improve your motivation by  
understanding on how we need to focus on the short-term.**

**Tuesdays 30.11.21 - 18.01.22**

**12.30pm – 2.30pm**

**(not during Christmas holidays)**

**As well as learning about the course content you will also be challenging your  
skills with Zoom and online worksheets. Friendly tutors will help guide you  
through the processes, no need to worry!**

**Our training is fun and informal, allowing you to share your own experiences  
and help each other.**

**Want more information before you commit?**

**Email [success.centres@kirklees.gov.uk](mailto:success.centres@kirklees.gov.uk) and the tutor will  
contact you.**

**Otherwise enrol online here or using the QR code with the course  
code FL2122006:**

**[https://my.kirklees.gov.uk/service/Schools and education Kirklees Council Learner Enrolment Form 2021 2022](https://my.kirklees.gov.uk/service/Schools_and_education_Kirklees_Council_Learner_Enrolment_Form_2021_2022)**

**And you will be sent a welcome pack from  
your tutor to get you ready for your learning.**

