

# Confidence & Assertiveness Building

Does lack of confidence make you feel...



Do you want to take more control of your life & feel..



You are never too old to improve your confidence and assertiveness. This 9 session course will offer you the opportunity to gain skills and tips to break old habits, say 'no' and mean it, take a more assertive role in your everyday life and possibly change you forever.

RIVERBANK SCHOOL  
20/12/18 - 01/05/2018  
1pm - 3pm

Booking is essential



Family Learning Team, Frederick Street Centre, Ground Floor,  
Frederick Street, Aberdeen, AB24 5HY Tel 01224 764700  
Email [Familylearning@aberdeencity.gov.uk](mailto:Familylearning@aberdeencity.gov.uk)  
[www.familylearningaberdeen.com](http://www.familylearningaberdeen.com)

