

Empower Me



CREATE POSITIVE, PROACTIVE AND LASTING CHANGES

Empower Me is a course which aims to empower the individual to make changes in their life to create positive, proactive and lasting changes.

This course aims to empower an individual by creating improved self awareness, increased self confidence and a greater insight into the future and how they would like to be.

By first assessing where you are now in your life, the course will look at ways to improve motivation and how to use visualisation to imagine your future self.

Participants will work to understand what they want to do and more importantly, what is holding them back. By recognising these personal barriers a road map can be worked out to take you past these obstacles by setting a clear action plan.

The course is all about confidence and communication and the course will build on these skills as well as teaching everyday techniques to empower you to make decisions, plan for your future and take your life into your own hands.

This is a 1 day course.



Bridge of HOPE

For training enquiries contact

MARY STANTON

Training Co-ordinator
McSweeney Centre
Henry Place, Belfast BT15 2BB
028 9032 2289
mary.stanton@ashtoncentre.com

For other enquiries contact

IRENE SHERRY

Head of Victims Services
028 9074 6737
irene@ashtoncentre.com

LINDSAY WHITTEN

Operations Manager
028 9032 2289
lindsay.whitten@ashtoncentre.com

ÁINE MAGEE

Development Worker
028 9032 2289
aine.magee@ashtoncentre.com

Bridge of Hope

**A programme of
Ashton Community Trust**

www.thebridgeofhope.org

Community Relations Council



An Oasis of Peace