

Contact to sign up or refer:

- ManchesterLAB@properjob.org.uk
- 07754 854 528

(Learners need to register before attending)

LAB

LEARN | ACHIEVE | BELIEVE

DO YOU WANT TO DEVELOP YOUR
CONFIDENCE IN A CREATIVE &
SUPPORTIVE ENVIRONMENT?
IF YOU ARE 19+, THIS COULD
BE THE COURSE FOR YOU!
UP TO £50 LEARNING
ALLOWANCE AVAILABLE

“The LAB has given me
confidence, self-belief, and a
lot of hope for my future.**”**

Course Details:

LAB Wellbeing (Confidence, Self-Esteem, Personal Wellbeing)

Induction: 14th November (12-2pm)

Course: Monday 17th - Friday 21st November, 10am - 3/3.30pm daily.

Location: Brunswick, M13

Plus: £25 gift voucher and certificate on completion, £5 daily travel



LAB Wellbeing is a one-week course, designed to improve wellbeing, self-esteem, confidence and hopefully develop a positive mindset.

We look at how to set meaningful, personal goals, and strategies for breaking them into manageable chunks. We also look at strategies for a positive mindset, as well for overcoming adversity and set-backs, and feeling more positive about ourselves.

Upon completion, learners will receive a certificate of achievement and a £25 gift voucher for taking part. We can also cover up to £5 per day in travel expenses (keep tickets/receipts).