

The Lancaster University
Counselling Service is
offering a one day course in



Developing Your Confidence

This course is free to students

If you find it difficult to speak in public, to express how you are feeling, to stand up for yourself or want to feel more confident, this may be the course for you.

The course will include assertiveness skills, communication and presentation skills, and strategies to help you in your everyday life. You will also learn by practising the skills with the others on the course.

The course will be held in the Quiet room in the Chaplaincy on Wednesday 4th March from 10.30am-3.30pm. It is important you can attend for the full day.

To book your place on the course e-mail counselling@lancaster.ac.uk, ring (5)92690 or call into the counselling service on Furness B Floor. Places are limited and the course is popular, so please book early to avoid disappointment.