

What A Good Day Looks Like

Tuesday 24th September 2019

10.00 am — 12.00

CNet, Enterprise Hub, 114-116 Manningham Lane, BD8 7JF

Light refreshments provided

Practical tips and ideas based on the latest behavioural science to help you have a good day when working in a voluntary or paid capacity. We will look at setting goals, being productive, working well with others and developing resilience.

This is one in a series of workshops organised on improving people's confidence and communication skills.

Led by Caroline Oubridge, an experienced trainer who enjoys helping people to improve their communication skills and strategies.

Limited places available

For further information and to book your place please contact the Engaging People team: yazmin@cnet.org.uk | 01274 305045