

Adult Learning

Building Confidence and Self Esteem with Positive Thinking



**Starts Tuesday 22nd
September 2026**

For 5 weeks

FREE COURSE

12:30 – 15:00 pm

The Foyer, Penrith

Led by our fully qualified Health &
Wellbeing tutor

This course will enable you to build your confidence in dealing with life's day-to-day challenges. It will encourage you to develop a positive mindset, so that you can overcome difficulties and be more assertive in getting the best outcome for you and those you care about most. You will learn how to turn a negative problem into a positive opportunity for personal growth, just by looking at things in a different way. You will also be able to turn criticism into a positive, to turn it to your advantage, and give your self-esteem a well-deserved boost.

ENROL NOW!

To book a place please visit our website at: adultlearningcumbria.org.

Search for the course under the heading 'Employability'. You can then complete an online enrolment form. Or speak to one of the Penrith Adult Learning Team on **07468709606** or email penrithadultlearning@westmorlandandfurness.gov.uk



Westmorland
& Furness
Council

Working for Cumberland Council and
Westmorland & Furness Council