

PERSONAL DEVELOPMENT



COLOURS AND STYLES FOR YOU

Friday – Saturday **3rd - 4th July**

8GENP2B200 Fee £90
(Starts with tea at 4pm)

Do you look in your wardrobe and think 'I've got nothing to wear!' or go shopping and never find anything to make you feel fabulous. Attending this course will help you to know what's right for you. You will learn about the best colours to flatter you and the styles to suit your shape.

Tutor **Judith Davitt**

RETREAT, REFLECT AND RE-ENERGISE: PERSONAL GROWTH AND HEALING

Friday – Sunday **14th – 16th August**

9ADNP2B003 Fee £168

The course aims to promote healing, renewal and growth in personally relevant areas of life. We will focus reflectively on current situations and achievements and undertake personally relevant change processes to facilitate shift and growth. Anyone wishing to immerse themselves in reflective time to promote personal healing, change and growth is welcome. Previous involvement in reflective activity is helpful, although not essential.

Tutor **Dr. Margaret Walton**

ACCESSING OUR INTUITION AND DEEP INNER WISDOM

Saturday 6th and Sunday 7th June

10am – 4pm

8ADNP2A205 Fee £81
(Fee covers both linked days)

Many of us recognise the hunches, feelings or thoughts that suggest we act in a certain way. How often do we follow them? Do we trust them? In this course we will explore how to access and use these and related inner messages more effectively. No previous knowledge is necessary.

Tutor **Dr Margaret Walton**

COLOURS TO LOOK YOUR BEST

Sunday 13th September **10am – 4pm**

9GENP2A000 Fee £40.50

Discover how to harmonize your wardrobe and choose the right colours in clothes to suit you. Wearing colours that complement your overall colouring will give you confidence and bring variety into your wardrobe. Discover your best colours in make-up to complete the look. You will not need any prior knowledge and the session will incorporate both theory and practical work.

Tutor **Judith Davitt**

STYLES TO LOOK YOUR BEST

Sunday 4th October **10am – 4pm**

9GENP2A001 Fee £40.50

Find out how to choose clothes that make you feel more confident and comfortable. Wear the right clothes to complement your face and body shape. Discover your style personality and develop the look that works for you. You will not need any prior knowledge and the session will incorporate both theory and practical work.

Tutor **Judith Davitt**

WARDROBE WORKSHOP

Sunday 18th October **10am – 4pm**

9GENP2A002 Fee £40.50

Learn the essentials of a Capsule Wardrobe. How to make the maximum number of combinations from a minimum number of garments for holiday and work; how to transform your look with accessories and how to successfully weed and manage your wardrobe.

Tutor **Judith Davitt**

BUILDING SELF ESTEEM

Friday 15th May **10am – 4pm**

8AGNP2A202 Fee £40.50

This is a course to make you feel better about yourself, to improve your self image, self esteem and self confidence. We will explore the barriers we put in place to stop us from getting more out of life. Through a variety of techniques these barriers will be challenged and overcome leading hopefully to a happier future.

Tutor **Ian Salt**

SETTING LIFE GOALS

Friday 4th September **10am – 4pm**

9AGNP2A002 Fee £40.50

Plan for a better future, improve your ability to get more of what you want from life, and less of what you don't want! The workshop, which will be held in an informal and supportive environment, will explore how to plan and achieve your life goals, leading to a happier future.

Tutor **Ian Salt**

LEARN TO BE ASSERTIVE AND CONFIDENT – PART 1

Saturday 5th September **10am – 4pm**

9AGNP2A000 Fee £40.50

There are many situations where you need to be assertive and self confident. This course will demonstrate how you can become assertive without being tongue tied, embarrassed or feel guilty about saying 'No'.

Tutor **Veda Banks**



LEARN TO BE ASSERTIVE AND CONFIDENT – PART 2

Saturday 3rd October 10am – 4pm
9AGNP2A001 Fee £40.50

(See 5th September for Part 1)
This course will show you how it is possible to become assertive and self confident in everyday situations, including the workplace, with family and friends.

Tutor **Veda Banks**

PERSONAL MOTIVATION AND SUCCESS

Tuesday 5th May 10am – 4pm
8AGNP2A201 Fee £40.50

A fascinating insight into how our beliefs, attitudes and behaviours are formed and an introduction into some simple and practical techniques for making positive changes to personal motivation and self esteem. It will appeal to learners who come with an open mind and a wish to make positive changes to the way they think and therefore what success they can achieve. (No role play is involved).

Tutor **Wayne Howard**

CONFIDENT PRESENTATIONS

Fridays 12th and 26th June 10am – 4pm
8AGNP2A200 Fee £81
(Covers two linked days)

Making a presentation need not be a frightening experience; this short course will help you identify the barriers to making good presentations and the factors that are vital in effective ones. It is suitable for anyone who wishes to improve their general performance in this area and the second day will enable you to practise your presentation skills in a supportive environment.

Tutor **Jane Burrows**

MENTORING AND COACHING

Friday 9th October 10am – 4pm
9NANP2A000 Fee £40.50

Mentoring and coaching schemes abound in education and business and there is much to be gained from being mentored or coached and being a mentor or coach. In this course, we will explore the differences between the two and consider some of the issues involved, such as effective communication, ground rules and benefits. This will be an interactive day, with participants' contributions encouraged and explored.

Tutor **Jane Burrows**

FOR AN ORIGINAL
PRESENT TREAT
SOMEONE TO AN

**ALSTON HALL
GIFT VOUCHER**

TELEPHONE THE COLLEGE
ON **01772 784661** OR
ASK AT RECEPTION.