

Get Motivated Course



4 Week Course
Every Thursday
Starting:

25th January
10.30-12.30

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The Energise
Centre

*"If you think you can do it,
you can."*

- John Burroughs

Motivating yourself to reach your goals and knowing how to handle setbacks is essential in the success of your plans for the future, whatever they are...

We all have things we would like to change or work on, but how we do get motivated, stay motivated and cope with whatever life throws at us to make sure we have the best chance to achieve our goals?

This 4 week course explores just that:

- What motivates you and how do you stay motivated?
- Learn how to keep focused on your goals
- Planning and organising
- Coping strategies to build resilience
- Dealing positively with setbacks

Booking essential as places are limited, call **0161 212 5700** to reserve your place



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