

# New Leaf Courses

At New Leaf we offer a range of courses to our participants. Here are just a few of the courses that we currently deliver:

## Find your inner superhero

The aim of the course is to help participants understand anxiety and learn techniques to help them cope.

## Goal Setting



The aim of the course is to help participants design realistic goals, learn some tips and tricks on changing habits and discusses the psychology of motivation.

## Discovering your hidden talents

The aim of the course is to recognise the skills and qualities used in the workplace.

## Remote digital inclusion: getting ready

The aim of the course is to help participants who have either no or limited basic digital skills get online to be able to access important information, services and ultimately employment.




## Interested?

Phone: 01925 452131

Website: [www.newleafcheshire.co.uk](http://www.newleafcheshire.co.uk)

Sign-up: [www.newleafcheshire.co.uk/sign-up/](http://www.newleafcheshire.co.uk/sign-up/)



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a torus foundation service



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