



# Training Menu

## Spring 2024

### PERSONAL DEVELOPMENT

#### Re:vive - Mondays

A chance to begin resolving past issues and make plans for the future in a safe and informal environment for those wanting to look at their self-belief, confidence, mental wellbeing as well as explore the roots of behaviours

#### Re:develop – Tuesdays

An opportunity to look at the way you handle stress and anger, explore your relationships and understand anxiety and depression. A chance to improve your daily resilience through increasing your self-awareness and 're-wiring' your brain.

#### Mentoring L1 - Wednesdays

Ideal for anyone wanting to move into working with people. Find out what mentoring is, how to communicate effectively and note taking skills.

#### Mentoring L2 - Thursdays

Explore more about the way you tick, professional boundaries, limitations, responsibilities, solution focused and motivational coaching. The level 2 expands more into person centred solution focused tools.

All courses one day a week for 6 weeks, run throughout the year. OCN London accredited qualifications.

### SKILLS

#### Carpentry @Salvation Army

A safe and friendly place to learn to use hand tools and create a sustainable project. Maximum number of learners per group is 4 so please contact us to reserve a space!

Fridays for 6 weeks, run throughout the year. OCN London Level 1 accredited qualification.

#### Re:Compute Digital Skills / ICT

Don't feel 'left behind'! Get to know the basics or improve your essential digital skills using mobile phones and computers. Choose your own programme of learning and get support all the way to an Essential Digital Skills qualification.

Initial session on a Wednesday afternoon and then individual programmes planned.

#### Re:Skill Maths & English

Do you struggle with your reading, writing and arithmetic? Want some help to know where to start your learning? Improve your basic skills that will help in all aspects of your life. Any ability, from Entry 1 to Level 2.

Initial sessions on Fridays for 2 weeks and then individual programmes planned.

To find out more about course dates and content, contact [Karl.Webb@Shekinah.co.uk](mailto:Karl.Webb@Shekinah.co.uk) or pop along to Bath Street, PL1 3LT any weekday between 2:30pm and 3.30pm.