

CVST Training Courses

Please see below our latest available training courses:

(Listed with the most recently added first):

Assertiveness – Wednesday 17th January 9.30am - 12.30pm

Venue: Imperial House Course fee: £10 but FREE to affiliated organisations

Gain the skills to be confident in expressing your feelings and opinions, while still valuing those of others. Become more assertive and help to improve the quality of your life.

For availability and booking please [email becky.dowling@cvstendring.org.uk](mailto:becky.dowling@cvstendring.org.uk) or richard.perkins@cvstendring.org.uk

Assertiveness – Friday 12th January 10am - 1pm

Venue: Dovercourt & Harwich Hub Course fee: £10 but FREE to affiliated organisations

Gain the skills to be confident in expressing your feelings and opinions, while still valuing those of others. Become more assertive and help to improve the quality of your life.

For availability and booking please [email becky.dowling@cvstendring.org.uk](mailto:becky.dowling@cvstendring.org.uk) or richard.perkins@cvstendring.org.uk

Dementia Friend Awareness – Thursday 14th December 3.00pm - 4.00pm

Venue: Imperial House No Fee

Learn more about what it is like to live with dementia and turn that understanding into action. It's really easy to do: For availability and booking details please email richard.perkins@cvstendring.org.uk

Making Every Contact Count – Thursday 14th December 12.45pm - 2.45pm

Venue: Imperial House No Fee

Use your day-to-day interactions with other people to support them in making positive changes to their physical and mental health and wellbeing. For availability and booking details please email

richard.perkins@cvstendring.org.uk

Speaking with Confidence – Friday 8th December 10.00am - 1.00pm

Venue: Dovercourt & Harwich Hub Course fee: £10 but FREE to affiliated organisations

Public speaking or speaking up isn't easy for everyone. It can be nerve racking and even scary. This training helps you communicate your thoughts or point of view effectively in public, during social interactions or on a one to one basis.

For availability and booking please [email becky.dowling@cvstendring.org.uk](mailto:becky.dowling@cvstendring.org.uk) or richard.perkins@cvstendring.org.uk

Speaking with Confidence – Wednesday 6th December 9.30am - 12.30pm

Venue: Imperial House Course fee: £10 but FREE to affiliated organisations

Public speaking or speaking up isn't easy for everyone. It can be nerve racking and even scary. This training helps you communicate your thoughts or point of view effectively in public, during social interactions or on a one to one basis.

For availability and booking please [email becky.dowling@cvstendring.org.uk](mailto:becky.dowling@cvstendring.org.uk) or richard.perkins@cvstendring.org.uk