



Supporting people with epilepsy

STEPS to Excellence for Personal Success

Duration: 35 hours
Cost: £200 per participant (minimum 6 participants).

COURSE AIMS

- ☞ Train participants in ways to increase their self-confidence
- ☞ Raise awareness of their organisation's responsibility in relation to help increase participants' self-confidence.

LEARNING OUTCOMES

Participants will gain an understanding of:

- ☞ human behaviour
- ☞ how the mind works
- ☞ the importance of self-esteem
- ☞ how to stretch comfort zones
- ☞ understanding change
- ☞ goal setting for the future.

Contact the office for further information or to book training.

**Epilepsy Connections
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Training