**Cambridge Women’s Resource Centre**

**Free Course**

**‘Becoming Confident and Assertive’**

This six week course will offer you tools to build your self confidence and your ability to communicate in an assertive, rather than aggressive, way.

The course will help you to develop your listening skills and communicate your ideas in a way which helps others to understand your goals.

You will be asked to participate in practical work in each session.

This course will run from

**25th January until 8th March from 1pm – 3pm**

(with one week break during half term holidays)

If you are interested, please speak to a member of staff as soon as possible as spaces are limited!

Contact: Diana Minns - [Diana@cwrc.org.uk](mailto:Diana@cwrc.org.uk)

Cambridge Women’s Resource Centre

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[**www.cwrc.org.uk**](https://protect-eu.mimecast.com/s/U1lECJGLhqOpztLji3f?domain=cwrc.org.uk)

