

# MY TURN

**THIS IS YOUR TIME TO THINK ABOUT YOU!**

This programme will provide the opportunity for you to take time out for yourself and think about 'whats next'...



**Across the sessions you will look at:**

**Dealing With Change**

**Setting Goals**

**Your Skills and Qualities**

**Confidence**

Please see back page for more details 



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## DAY 1: THINK, BELIEVE AND ACHIEVE

Day 1 will focus on different strategies you can use to become more confident and assertive.

### Day 1 will look at:

Focusing On The  
Positives

Putting Yourself  
First

Making The  
Change

#### Liverpool

Toxteth Town Hall, 15 High Park St, L8 8DX

Thursday 10th May 2018

Garston Community House, 2 Speke Rd, L19 2PA

Friday 29th June 2018

Thursday 23rd August 2018

Wavertree Citizens Advice, 242 Picton Road, L15 4LP

Thursday 26th April 2018

Wednesday 8th August 2018

North Liverpool - Rotunda, 109 Great Mersey Street, L5 2PL

Tuesday 26th June 2018

**All Programmes run from 10am-3pm  
(Lunch Provided)**



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## DAY 2: POSITIVE NEXT STEPS

Day 2 will help you understand how to identify and take your next steps



### Day 2 will look at:

What Motivates  
You

Setting Your  
Goals

Your  
Next Steps

#### Liverpool

Toxteth Town Hall, 15 High Park St, L8 8DX

Thursday 17th May 2018

Garston Community House, 2 Speke Rd, L19 2PA

Friday 6th July 2018

Thursday 30th August 2018

Wavertree Citizens Advice, 242 Picton Road, L15 4LP

Thursday 3rd May 2018

Wednesday 15th August 2018

North Liverpool - Rotunda, 109 Great Mersey Street, L5 2PL

Tuesday 3rd July 2018

**All Programmes run from 10am-3pm  
(Lunch Provided)**



## **Eligibility:**

This Programme is part of the Better Off Finance Programme and is open to anyone who is 18+ and not in work: (E.g. Claiming benefits, not claiming benefits, students, carers) living in the Liverpool City Region. (Liverpool, Sefton, Wirral, St Helens, Halton, Knowsley)

By attending the programme, you could have access to your own specialist key worker who can help you take your goals further. These key workers are specialists in financial capability and can help you understand more about your finances and personal need as you work towards these goals.

There is also an opportunity for participants of this programme to access accredited training through the Money Mentor Opportunity. Ask the team for more details.

**Contact us on: 0151 706 8111**  
**or Email us: [hello@thewo.org.uk](mailto:hello@thewo.org.uk)**  
**For more Information or to book onto**  
**the programme**

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