

!F Inner Flame

Upcoming Courses at Inner Flame



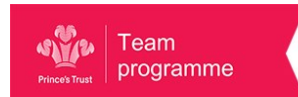
Start: 26th August 2022 End: 9th September 2022

Prince's Trust Achieve Programme (full-time)
Award in Personal Development & Employability Skills

60 Guided Learning Hours

Units: **Interpersonal & Self-Management Skills** and **Participating in Exercise**

For 16-25 year-old, NEETs



Start: 19th September 2022 End: 9th December 2022

Prince's Trust TEAM Programme (full-time)
Certificate in Employability, Teamwork & Community Skills

450 Guided Learning Hours

Focus: **Employment skills, setting & achieving targets, working with your community**

Manage Anxiety Your Way

Start: Every 4 weeks Duration: 8 weeks

Manage Anxiety—Your Way (part-time)

Discover ways to manage your own anxiety & create a toolkit to help you move forward

60 Guided Learning Hours

Focus: **Participant focussed; try out new techniques; make a personal plan**

For 16-25 year-olds, who live with anxiety

WHAT !F?

Interested?

Text "Call me!" to 07729 837501

Email Progress@innerflame.org.uk

Check out www.Innerflame.org.uk for more information!

Are you 16-25? Looking for work?

We have FREE courses for you