

# DEVELOPING YOUR CONFIDENCE

Recognising the things we have achieved however big or small is so important. It can help develop our confidence by reminding us how far we have already come and what we can do when we set our minds to it!

In this 3-week course, we will work with you to:

- explore your short- and long-term goals
- create a plan for achieving your goals, breaking them down into manageable steps
- make time to record and celebrate your achievements



**Starting Monday 10 May  
from 1pm-1.45pm on Zoom**

MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.

To book your place, you need to register with MFT first. Contact: 01372 375400, text 07929 024722, email [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk) or visit [www.maryfrancestrust.org.uk](http://www.maryfrancestrust.org.uk)



Inspiring Mental Wellbeing