



STEPS TO EXCELLENCE FOR PERSONAL SUCCESS (STEPS)

FREE COURSE

July 14th/15th 9.30am till 1pm

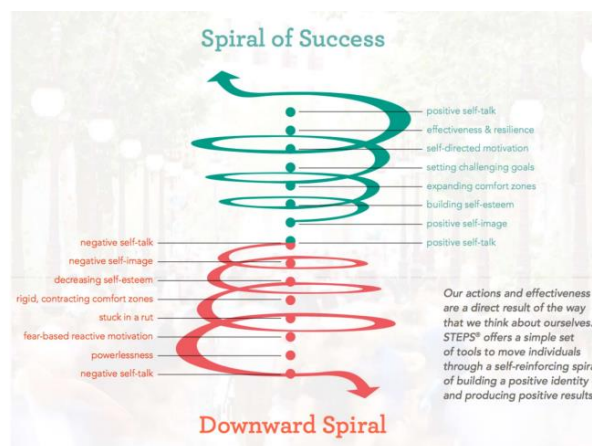
July 21st/22nd 9.30am till 1pm

July 28th/29th 9.30am till 1pm

Realising your potential!!

The course will teach you cognitive psychological theory and will present the information in a way that anybody can access. STEPS® confronts the beliefs that limit achievement, helping participants to build a stronger sense of self and an expanded sense of potential and possibility.

It features a conceptual framework that emphasises the importance of the mind on human behaviour and uses the principles of cognitive psychology to teach individuals to use the skills of thought and analysis to reach goals.



To register a place or would like more information please contact Ruth Grieve on 01461 207728 or email on ruth.grieve@nhs.scot or

Email Mrs Elsie Macrae Elsie.Macrae@churchofscotland.org.uk