

Goal Setting & Motivation



Achieve that goal!

Goals provide direction for both our personal and professional lives. Finding the motivation to undertake tasks and achieve those goals can be something that a lot of people struggle with. On this course you will be introduced to self-motivational techniques and develop the skills to enable and support your professional and personal growth and wellbeing.

FREE* 5 week course at
Bury Adult Learning Centre
18 Haymarket Street
Bury
BL9 0AQ

Thursday 12th January to Thursday 9th February
2023
1.30pm-3.30pm
Course code: CB423

For more information and how to enrol, call
0161 253 5772
or visit
www.bury.gov.uk/adultlearning

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