



# Discovering My More Confident Self

At Doncaster Mind we understand that navigating the transition from a teenager to young adult can be tricky. Suddenly we have all those new responsibilities to embrace, deadlines to meet ... and because we have never done it before it can feel overwhelming and can knock our confidence down.

**Contact us today to enrol**

training@doncastermind.org.uk  
01302 812190

**doncastermind.org.uk**

Registered charity no. 1141146

If you are aged between 18-25 and would like to explore the topic of confidence, join us for this 6 week course

Together we will start walking the journey towards positive self esteem and increased confidence levels both in everyday life and while navigating your way through the world of employment.

**mind**  
Doncaster