



## IT for Confidence

Develop **your IT skills** while managing your **anxiety and stress** with a **FREE** course at NOAH.

The course will address:

- ◆ **Stress and anxiety management**
- ◆ **Using IT to simplify your life**
- ◆ **Improving your job prospects and applying for work online**
- ◆ **Staying in touch with friends and family using the internet**

*"I have benefitted from this course because it has helped me with my confidence, and has helped me to learn and cope with stress"*

- A previous learner on the NOAH Mental Health and Wellbeing programme

[academy@noahenterprise.org](mailto:academy@noahenterprise.org)

01582 726152

## Who is this course for?

If the thought of using **technology makes you feel stressed** or anxious then this course is for you.

This basic course teaches simple techniques to help you to **manage stress and anxiety**, while learning to use technology in a way that is **fun and interactive**.

Through the course you will learn how to improve your **job prospects**, develop your **relationships** and **simplify** your life through the use of IT.

## When?

Tues & Thurs for 4 weeks. **Morning** (09:30– 12:30) and **afternoon** (13:00 - 16:00) timeslots are available.

## Start dates:

Tues 08/08/2017	Tues 28/11/2017	Tues 10/04/2018
Tues 05/09/2017	Tues 09/01/2018	Tues 08/05/2018
Tues 03/10/2017	Tues 06/02/2018	Tues 05/06/2018
Tues 31/10/2017	Tues 06/03/2018	Tues 03/07/2018

**Where?** NOAH Academy, 20-22 High Town Road, LU2 0DD

## Interested?

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*Charity Registration Number 1059672*

*Course information updated 14/07/2017*