



# First Steps into Learning

New to learning? Nervous about returning to learning?

Need more confidence? Why not try these FREE first steps courses?

## Become your own life coach



Tuesdays  
22 April-20 May  
7.00-9.00 pm

at Brakenhale Open Learning Centre

*An introduction to life coaching, helping you to understand yourself better, sort out what's holding you back, remove barriers to progress and identify ways to move forward*

## Become your own life coach



Tuesdays  
3 June-1 July  
7.00-9.00 pm

at Brakenhale Open Learning Centre

*An introduction to life coaching, helping you to understand yourself better, sort out what's holding you back, remove barriers to progress and identify ways to move forward*

## Singing for fun



Thursdays  
5, 12, 19, 26 June  
9.45 am-12 noon

at Brakenhale Open Learning Centre

*Enjoy and improve your singing and learn a bit of theory along the way*

## Healthy living



Mondays  
2, 9, 16, 23 June  
12.45-3.00 pm

at Brakenhale Open Learning Centre

*Diets, eating for health, exercise, managing your time, looking and feeling good, stress management and relaxation*

## Gain confidence through drawing



Fridays  
13, 20, 27 June, 4 July  
9.45 am-12 noon

at Brakenhale Open Learning Centre

*Become confident, assertive, positive, open and creative through using various drawing techniques*

## Well-being through colour painting



Fridays  
13, 20, 27 June, 4 July  
12.45-3.00 pm

at Brakenhale Open Learning Centre

*Gain confidence and become balanced with yourself and the world around you through painting*

**For more details and to book, contact Natalie at the Open Learning Centre,  
01344 457427, e-mail: [olc@bracknell-forest.gov.uk](mailto:olc@bracknell-forest.gov.uk)**