

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



Thursdays
25 February to 25 March
7.30-9.30 pm

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

Fridays
26 February to 26 March
10.00 am-12 noon



Understand yourself better, sort out what's holding you back, remove barriers to progress and identify ways to move forward

Cooking for one



Wednesdays
27 January and 3 February
10.00 am-2.30 pm

Using ingredients economically to make a selection of dishes for one person

Skills for Work

Fridays
26 February to 19 March
9.45 am-12 noon



Return to work or move on in your career, through life coaching, job skills, CV writing, stress management, interview techniques and more

Self-awareness through drawing



Fridays
5, 12, 26 February, and 5 March
9.45 am-12 noon

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

Enhance your life through colour

Fridays
5, 12, 26 February, and 5 March
12.45-3.00 pm



Understanding how colour affects our lives and how to enhance your life through colour

Keep fit for all



Tuesdays
23 February to 30 March
10.00-11.30 am

A keep fit programme tailored to the needs of the class; all starting levels of fitness catered for

Healthy eating for the family

Tuesdays
23 February-27 April
(excluding 6 and 13 April)
9.30-11.30 am



An introduction to healthy eating and planning a healthy diet, with the chance to gain a qualification

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