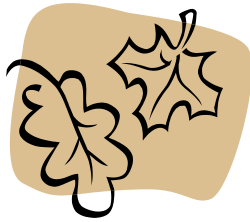


**Outside In**  
The voice of 5,000+ St Mungo's clients



## Outside In Recovery College Courses Autumn 2014

Our courses are fun, interactive, educational and full of unexpected learning! We cover a broad range of themes including personal development, relationships, group work and socialising.

We will also support you to access further opportunities and get the most out of The Recovery College!

**All welcome!** Tuesday's 11am -2pm. Arrive from 10.30am for tea & coffee

- Sep 16 Self-Esteem: I can win!
- Sep 23 Assertiveness – I'm OK, You're OK
- Sep 30 Speaking Up!
- Oct 7 The Art of Appearing Confident
- Oct 14 Thinking About Relationships
- Oct 21 Relationship Skills: Dates, Disasters and Happiness!
- Oct 28 5 Ways to Wellbeing
- Nov 4 10 x Better & Escape Plan: Motivation and Moving On
- Nov 11 Motivation Part 1: Being Your Own Key Worker
- Nov 18 Motivation Part 2: Getting Organised
- Nov 25 Build Your Confidence: Boost & Inspire! **(NEW!)**
- Dec 2 Becoming a Recovery College Tutor 1: Introduction to Group Work
- Dec 9 Becoming a Recovery College Tutor 2: Learning Styles & Lesson Plans