

OLD OAK COMMUNITY CENTRE

TRANSFORM & ACHIEVE

A free life transformation programme

Please register
your interest if you
would like to attend
the enrolment
session!



You will receive:

- On going support after the program is completed
- A friendly and warm team to guide you through the course step by step
- A formal certificate and recognition once you have completed the course

Boost your Employment, Volunteering and Health and Well-being Goals

Learn how to use the skills you have to their best potential
Improve personal impact and get the best out of yourself
Learn skills that get you noticed and lead to job success
Understand the link between nutrition and performance
Understand and learn the secrets of success
Develop your ability to master your emotions

Please attend the Drop-In enrolment session on Wednesday June 30th 2021,
we will be happy to answer all your questions and give you more information



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