



Personal Development is the belief that you are worth the effort, time and energy needed to develop yourself



If you are interested in attending the Confidence 4 Great Living (C4GL) Course, please speak to your allocated Inspire worker or a member of the ETE Team.



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Confidence 4
Great Living



ETE Team



What is C4GL?

C4GL is an Accredited Personal & Social Development Programme aimed at improving personal confidence and self-esteem, enabling you to move forward with the next steps in your life and make positive lifestyle and personal choices.

This is not a recovery focussed programme and is intended to support you to work on yourself and grow as an individual.

The programme is delivered over 8 weeks and all participants will receive 5 accreditations each on completion. As part of the course you will:

- **Build your confidence and understand your rights as an individual**
- **Learn how to be more assertive in everyday life**
- **Understand what motivates you to be successful**
- **Develop awareness around Equality and Diversity**
- **Work as a team and learn how to effectively communicate with others**

You will also attend a welcome/induction session, providers spotlight (where we invite guest speakers from the community along to meet you, and let you know about some of the great opportunities there are available to get involved in) and a graduation to celebrate achievements.

You will work in a closed group from start to finish, giving you the opportunity for peer support and the chance to meet new people.

Who is C4GL for?

This programme is ideal for you if you:

- Have recently completed a detox or left residential rehab
- Are on a planned reduction of your prescribed medication
- Have recently been discharged from Inspire
- Are In supported housing
- Want to build confidence and self-esteem
- Want to learn the skills to build new relationships
- Want to take the first steps towards building the skills needed to explore employment, training or education.

To be eligible for this course you must be:

- Abstinent from all substances or non-dependant
- Engaged with Inspire if you are still in treatment



The course runs for half a day a week over 8 weeks, so you'll need to be able to attend all sessions. We encourage having an open mind and being willing to participate with all aspects of the programme content.

The programme is intended to nudge you out of your comfort zone, through interactive discussion and teamwork and setting SMART goals throughout.