



# TASHA Foundation

*Helping you to help yourself*

## LIFE SKILLS PROGRAMME

***A 10 week course designed to help you unlock your potential***



### ***What Will I Gain?***

- Develop your self-confidence
- Get motivated
- Learn new goal-setting skills
- Gain direction in your life
- Improve your time-management and organisation skills
- Learn more about yourself

### ***Sign Up Today!***

Ask at reception, speak to your keyworker or ask any member of staff at the TASHA Learning Centre about joining the course.



Unit 14, Windmill Place Business Centre , Windmill Lane Southall, UB2 4NJ

Tel: 020 8571 9981 • Fax: 020 8571 9981

Email: [enquiries@tasha-foundation.org.uk](mailto:enquiries@tasha-foundation.org.uk)