

Youth, Family and Community Learning Service

Steps to Excellence for Personal Success

S.T.E.P.S.

From Potential to Performance



STEPS is a course that will help you make the most of yourself while also enabling you to support those with whom you live and work.

Through interesting DVDs and lively discussion STEPS gives you the opportunity to explore some of the concepts involved in how your mind works.

**'Whether you think you can,
or whether you think you can't, you're right'.
Henry Ford**

People who have been on the Steps course have reported the following benefits:

- Raised levels of confidence and self-esteem.
- Improved relationships at home and at work.
- Being more capable as a parent so that their family unit not only survives but also thrives.
- Meeting challenges efficiently, experiencing an increased level of energy and motivation.
- Setting and achieving their goals.
- Having an increased willingness to try new things and being able to change lifelong habits.

You can't do everything at once but you can do something now.

In Britain today parents find that STEPS helps them to be more positive and supportive with their children.

MAKE 2019 THE YEAR FOR YOU!!!

Come along to this free, accredited course:

Friday afternoons starting 8th February

12.30pm – 2.30pm

Bankhead Primary Community Wing, G73 2BQ

To find out more or to book a place, please contact: Myra Robertson, or Debbie Cowan, Youth, Family and Community Learning Officers.

Tel: 0141-647-3101/07795090746/07795090700

Email: gw19robertsonmyra@glow.sch.uk

