

## Upcoming Courses at Inner Flame



Start: 26th August 2022 End: 9th September 2022

**Prince's Trust Achieve Programme** (full-time)  
**Award in Personal Development & Employability Skills**

60 Guided Learning Hours

Units: **Interpersonal & Self-Management Skills**  
and **Participating in Exercise**

For 16-25 year-old, NEETs



Start: 19th September 2022 End: 9th December 2022

**Prince's Trust TEAM Programme** (full-time)  
**Certificate in Employability, Teamwork & Community Skills**

450 Guided Learning Hours

Focus: **Employment skills, setting & achieving targets, working with your community**

### Manage Anxiety Your Way

Start: Every 4 weeks Duration: 8 weeks

**Manage Anxiety—Your Way** (part-time)

**Discover ways to manage your own anxiety & create a toolkit to help you move forward**

60 Guided Learning Hours

Focus: **Participant focussed; try out new techniques; make a personal plan**

For 16-25 year-olds, who live with anxiety

## WHAT !F?

Interested?

Text "Call me!" to 07729 837501

Email [Progress@innerflame.org.uk](mailto:Progress@innerflame.org.uk)

Check out [www.Innerflame.org.uk](http://www.Innerflame.org.uk) for more information!

*Are you 16-25? Looking for work?*

*We have FREE courses for you*