Thank you for your interest in the 'Emerge' mentoring programme delivered by Open Hands Trust. The course aims to help individuals to improve their self-esteem, confidence and sense of personal identity through a friendly and informal Tuesday lunch club. The programme runs for 8 weeks from the charity's Support Centre (Highfield Street, Leicester, LE2 1AB).

The programme includes:

- ◊ Teaching on topics such as: self-esteem, managing negative thinking, valuing self worth, improving communication & assertiveness, handling stress & anxiety and goal setting
- ◊ An opportunity to receive one-to-one support through a mentor meeting with you during the course

Participant Comments:

"The sessions on negative thinking have really helped me. It has changed my thinking and behaviour."

"I have learned a lot about improving my self-esteem. I no longer look down on myself. The course has given me new confidence."

To apply for a place please complete an application form. As there are limited spaces available we ask that you consider if you are able to commit your time and effort to the course before applying.

When we receive your application, we will arrange a time to meet you to check that the course is suitable for your needs.

We hope to see you soon!

EMERGE APPLICATION FORM

Name: .....

Address: .....

.....

Telephone Number: .....

Email: .....

Preferred Contact Method: ☐ Post ☐ Phone ☐ Email

(To be filled in by the participant). Why would you like to attend 'Emerge'?

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I consent to Open Hands retaining my details for use regarding access to their services and the Emerge programme.

Signed: ..... Date: _ _ / _ _ / _ _ _ _

Please return this form to: **Open Hands, c/o Trinity Life Church, Upper Tichborne Street, Leicester, LE2 1GL**
or scan & email a copy to: **admin@openhandsleicester.org.uk**

Open Hands
compassion in action