

# Effective Communication



1979 40 YEARS 2019

Tuesdays

10.30am – 1.00pm

12<sup>th</sup> February – 8<sup>th</sup> April

- Build Self Esteem
- Develop personal skills
- Improve communication
- Enhance your quality of life
- Improve your relationships



To register for a place – Please call 021 4226064

Shine Resource Centre, 14A Washington St West, Cork City