THE NOAH ACADEMY
TRAINING AND EMPLOYMENT

IT and Confidence

Discover how to use a computer while managing your stress and anxiety. Develop your confidence in a welcoming social environment.

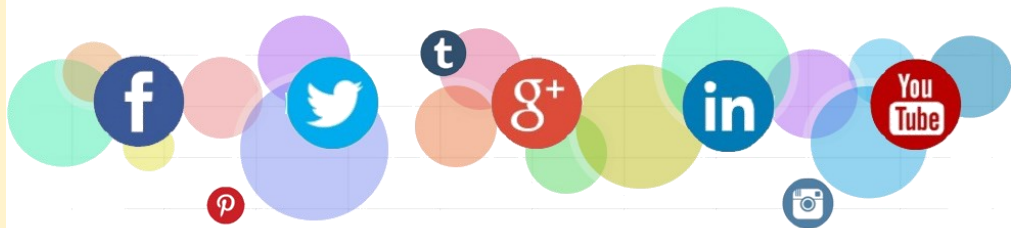### By the end of the course, you'll be able to -

- Develop mental and physical strategies to manage anxiety and stress

- Use IT to simplify your life

- Stay in touch with friends and family using the internet

- Use your email/social media

Luton Adult Learning

European Union European Social Fund
Investing in jobs and skills

Education & Skills Funding Agency

The course will run on

Tuesdays and **Thursdays** from **9:30 - 12:30** for **4** weeks.

Start Dates:

Tuesday 5th July

Tuesday 4th August

Who is this for?

This course is designed for anyone who feels stressed or anxious by the thought of using technology. Learn how to manage your stress while using technology in a fun and interactive way

Please contact us if you wish to book a place for yourself or a friend.

✉ academy@noahenterprise.org

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