

## Is it Friday Yet...?

To celebrate a New Year and a New YOU

Join our FREE Friday Webinars



Friday 6 <sup>th</sup> January	Stress Awareness
Friday 13 <sup>th</sup>	Coping with Change
Friday 20 <sup>th</sup>	Value My Skills
Friday 27 <sup>th</sup>	What do I Want to be Known For? <i>(Building a Personal Brand)</i>

Each session will run from

12:30 – 1:30pm

*You do not have to join all four sessions. You can benefit from as many topics as you wish.*

You will need access to a computer, tablet or smart phone with an internet connection

To register, email: **Karen Fisher** or **Richard Speight**

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[Digiskills.cymru@gmail.com](mailto:Digiskills.cymru@gmail.com)