

Personal Development Course for Dyslexic Adults

The course is free and delivered on a one-to-one basis. The commitment is 5 x 2hr sessions. The course is tailored to individual needs, but includes:

Mapping your own dyslexia to develop self-awareness

Locating and developing useful coping strategies

Learning about sources of support

Making plans for the future

If you are interested in this course or would like to find out more, please call (0151) 709 0545 for more information.