

Boost Your Confidence– Book Your June Quality Conversations Session Today!

Want to feel more at ease in conversations, whether at work or in everyday life? Our **Quality Conversations sessions** this June are designed to help you build confidence, listen actively, and communicate more effectively.

Whether you're looking to handle tricky chats or just connect better with others, this interactive session offers practical tools and real-world tips. And don't forget- during our Core Skills and Mental Health Sessions you will get chance to practice your skills on our new conversations platform!

Spaces are limited – book your spot today!

Core Skills

- [Wednesday 04/06/2025- 1.15pm-4.30pm](#)
- [Tuesday 24/06/2025- 9.15am-12.30pm](#)
- [Thursday 26/06/2025- 1.15pm-4.30pm](#)

Mental Health

- [Tuesday 03/06/2025- 9.15am-12.30pm](#)
- [Thursday 12/06/2025- 1.15pm-4.30pm](#)
- [Wednesday 18/06/2025- 9.15am-12.30pm](#)

Leaders

- [Tuesday 17/06/2025- 1.15pm-4.30pm](#)

Best Wishes,

Laura Walton-Taylor (she/her)

Project Lead- Quality Conversations and Health Literacy

