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**CONFIDENT COMMUNICATION**

**Confident Communication is a short course for job seekers designed to:**

* Empower and build self-confidence
* Assist in overcoming barriers to employment
* Improve communication skills during interviews
* Improve relationship communications

***Topics covered include:***

* How the brain works
* Emotions and behaviour
* Dealing with conflict
* Communication skills
* Overcoming fear and anxiety
* Mental flexibility

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| **Delivered By:** | **Rockhampton Centacare**  |
| **When:** | **18 Sept 2014**  |
| **Venue:** | **Youth Connections 192 Dean St, Rockhampton** |
| **RSVP:** | **12 Sept 2014** |
| **Course Cost:** | **Free** |
| **Time:** | **11am to 1pm** |

Live

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Live

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Live

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Please phone Dee from Youth Connections on 4928 5243 to register your interest in the course or phone Phil from Centacare for more information on **1300 523 985**



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