

Step2Skills Health and Wellbeing



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STEP2 SKILLS
PREPARE FOR SUCCESS IN HERTS

Health & Wellbeing

Invest in YOU, today!

Join in some of our Health and Wellbeing courses to find out ways of coping with the challenges that life presents whilst keeping well and staying healthy.

- Grow your Mind
- Boost your Confidence
- Motivation & Time Management
- Level 1 Award in Personal Resilience & Perseverance
- Level 1 Award in Setting and Achieving Personal Goals



Our full learning offer is available in selected Hertfordshire locations:

- Stevenage
- Welwyn Garden City
- Hoddesdon
- Hatfield
- St Albans
- Hemel Hempstead
- South Oxhey

and

- Live Online across Hertfordshire

Scan QR to browse and book our Health & Wellbeing offer ▶



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