

Free non-accredited training for Volunteers

September - December 2012

Sept

October

Training Course	Date	Time	Venue
Adult Protection For volunteers supporting vulnerable adults	Tues 18 Sept	9.30am - 12.30pm	Lesser Kings Hall 57- 59 Hartington Street Barrow LA14 5SR
Communication Skills Techniques for communicating effectively	Tues 25 Sept	9.30am - 12.30pm	Lesser Kings Hall 57-59 Hartington Street Barrow LA14 5SR
How to be more Assertive Techniques that will help you be more assertive	Wed 3 Oct	9.30am - 12.30pm	Lesser Kings Hall 57- 59 Hartington Street Barrow LA14 5SR
Managing Time Manage your time well and learn how to deal with interruptions	Tues 9 Oct	9.30am - 12.30pm	The Oval Centre Salterbeck Drive Workington CA14 5HA
How to be more Assertive Techniques that will help you be more assertive	Tues 16 Oct	9.30am - 12.30pm	Shaddon Gateway Centre Shaddongate Carlisle CA2 5TR
Dealing with Difficult Behaviour Explore the reasons why people behave the way they do and how to deal with difficult behaviour	Wed 24 Oct	9.30am - 12.30pm	South Lakes Foyer Yard 95a Stricklandgate Kendal LA9 4RA
Communication Skills Techniques for communicating effectively	Thurs 25 Oct	9.30am - 12.30pm	Penrith Methodist Church Wordsworth Street Penrith CA11 7QY
Minute Taking Prepare to take minutes, what to include and top tips for effective note-taking	Wed 31 Oct	9.30am - 12.30pm	Whitehaven Harbour Youth Project Swingpump Lane Whitehaven CA28 7LZ

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November

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Training Course	Date	Time	Venue
Managing Time Manage your time well and learn how to deal with interruptions	Wed 14 Nov	9.30am - 12.30pm	Shaddon Gateway Centre Shaddongate Carlisle CA2 5TR
Adult Protection For volunteers supporting vulnerable adults	Thurs 15 Nov	9.30am - 12.30pm	The Oval Centre Salterbeck Drive Workington CA14 5HA
Customer Service Skills Techniques for projecting a professional image	Wed 28 Nov	9.30am - 12.30pm	The Coach House Ford Park Ulverston LA12 7JP
Managing Time Manage your time well and learn how to deal with interruptions	Mon 3 Dec	9.30am - 12.30pm	Lesser Kings Hall 57- 59 Hartington Street Barrow LA14 5SR
Adult Protection For volunteers supporting vulnerable adults	Tues 4 Dec	9.30am - 12.30pm	Shaddon Gateway Centre Shaddongate Carlisle CA2 5TR
How to be more Assertive Techniques that will help you be more assertive	Thurs 6 Dec	9.30am - 12.30pm	Whitehaven Harbour Youth Project Swingpump Lane Whitehaven CA28 7LZ

To book, contact Cumbria CVS on 01768 800350 email training@cumbriacvs.org.uk
For details of training visit www.cumbriacvs.org.uk