



## TRAINING PLAN INVISIBLE CITIES GLASGOW 2025

### Week 1 - from 2 to 4 pm

- **Wednesday** 8th January- GLASGOW RIVERSIDE TOUR with our guide Silvana, starts at 2 pm at the Armadillo Entrance, SEC Armadillo, Exhibition Way, Glasgow G3 8YW
- **Thursday** 9th January - INTRODUCTION AND GUIDING SKILLS SESSION starts at 2 pm in Byres Community HUB, Clarice Pears Building, 90 Byres Road, Glasgow G12 8TB

### Week 2 - from 2 to 4 pm

- **Wednesday** 15th January – MITCHELL LIBRARY visit and guided tour, starts at 2 pm in Mitchell Library, North St, Glasgow G3 7DN
- **Thursday** 16th January – STORYTELLING WORKSHOP, starts at 2 pm Byres Community HUB, Clarice Pears Building, 90 Byres Road, Glasgow G12 8TB, Room 171

### Week 3 - from 2 to 4 pm

- **Wednesday** 22nd January - BUILDING CONFIDENCE training, starts at 2 pm in Byres Community HUB, Clarice Pears Building, 90 Byres Road, Glasgow G12 8TB, Room 171
- **Thursday** 23rd January - BRAIN EXERCISE & DEVELOPMENT, starts at 2 pm Byres Community HUB, Clarice Pears Building, 90 Byres Road, Glasgow G12 8TB, Room 171

#### **Week 4 - from 2 to 4 pm**

- **Wednesday** 29th January – MENTAL HEALTH, starts at 2 pm in. Byres Community HUB, Clarice Pears Building, 90 Byres Road, Glasgow G12 8TB, Room 171
- **Thursday** 30th January - STRESS & CHANGE MANAGEMENT, starts at 2 pm Byres Community HUB, Clarice Pears Building, 90 Byres Road, Glasgow G12 8TB, Room 171

#### **Week 5 - from 2 to 4 pm**

- **Wednesday** 5th February - INTRO TO HUMAN RIGHTS, starts at 2 pm in Byres Community HUB, Clarice Pears Building, 90 Byres Road, Glasgow G12 8TB, Room 171
- **Thursday** 6th February – CUSTOMER SERVICE and GRADUATION, starts at 2 pm in Byres Community HUB, Clarice Pears Building, 90 Byres Road, Glasgow G12 8TB, Room 171

#### **Contact**

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