



## Self-Efficacy

### A Class in Economic Well-being

Instructed by: Emmit Thrower

Self-efficacy is a person's belief in their capacity to perform a particular task. In this class, you will learn:

- More about self-efficacy and how to develop your own
- How to leverage that belief to improve your resiliency
- Strategies for accomplishing tasks more effectively at work and at home

**Tuesday, December 3rd, 2019, 6:00-8:00pm**



**Location: Ken Schilaty Learning Center  
5908 Evergreen Way, Everett, WA 98203**

**Registration: Advanced registration is required. Complete and return the registration form to [collegeofhope@housinghope.org](mailto:collegeofhope@housinghope.org) or register on our website [www.collegeofhope.org](http://www.collegeofhope.org)**

**Register by Friday, November 22nd, 2019**

*If for any reason you are unable to attend this class please notify the College of Hope at 425-353-8112 by no later than 12 NOON the day of.*