Progression routes











Consider qualification pathway with other organisations

Progress to singing courses in the Performing Arts area, and presentation skills courses with other organisations.

accredited guiding course - either Blue Badge course (Institute of Tourist Guiding) or local authority course

IMPROVERS

Learn to tour guide in Tower Hamlets: workshop techniques

IMPROVERS

Learn to tour quide in **Tower Hamlets:** going further



IMPROVERS

Shiatsu massage

BEGINNERS

Introduction to public speaking

BEGINNERS

Learn to tour guide in **Tower Hamlets:** the essentials

BEGINNERS

Pilates courses in the Fitness area

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ALL LEVELS One day workshops.

See Fitness progression route for more details.

IMPROVERS

Massage

BEGINNERS

Intro to 5 element shiatsu massage

BEGINNERS

Voice Gym

ALL LEVELS

Explore Tower Hamlets guided walk (2 hours)

Mindfullness

BEGINNERS

Lunchtime pilates and relaxation

BEGINNERS

Intro to massage Chair massage Intro to reflexology

BEGINNERS

Introduction to 5 element shiatsu massage (day taster)

BEGINNERS

Breath, voice and movement (1 day workshop)

ALL LEVELS