



MULTIPLY

Advancing Numeracy Skills in the Scottish Borders

Multiply Adult Learning Programme

August 2024 - February 2025



Multiply is a UK Government funded programme, launched as part of the [UK Shared Prosperity Fund \(UKSPF\)](#), to help transform the lives of adults across by improving their numeracy skills.

The Scottish Borders Multiply Team are offering a range of **free** adult numeracy workshops which aim to

- feel more confident when using numbers in everyday life
- increase their confidence with numeracy
- improve their health and wellbeing through socialising, feeling included and learning a new skill or hobby

The programme will suit any level, beginner to advanced, so all adults can sign up to an activity which allows them to learn at their own pace.

If you require support with travel, please contact the Multiply team: multiply@scotborders.gov.uk

More information about Multiply learning opportunities [Multiply - Scottish Borders Helix](#)

[Registration form for all workshops HERE](#)

MULTIPLY



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UP**



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Berwickshire – Duns, Eyemouth

Activity	Venue	Start Date	Day	Time	Weeks
Introduction to therapeutic herbs and botanical printing	Duns Community Food Graden, Station Drive, Duns D11 3GZ	3 rd September	Tuesday	10am-12.30pm	6
Board games for Beginners	Chirnside Community Centre, Cross Hill, Chirnside TD11 3XR	12 th September	Thursday	10.15 - 11.45am	10
Mindful Art	Marine Innovation Centre, Brown's Bank, Eyemouth TD14 5DQ	5 th September	Thursday	12-2pm	6
Painting with Numbers!	Volunteer Hall, Duns, TD11 3AF	4 th October	Friday	2-4pm	8
Airfryer Cooking Course	EU Church Albert Road Eyemouth TD14 5DB	4 th September	Wednesday	10.30am – 12.30pm	6
Your Ultimate Guide to Planning a Safe Open Water Activity	26 High St, Eyemouth TD14 5EU	28 th October	Monday	7.30-9pm	6
Your Ultimate Guide to Planning a Safe Open Water Activity	26 High St, Eyemouth TD14 5EU	13 th January	Monday	7.30-9pm	6
Introducing Creativity	Duns Library Duns TD11 3AU	10 th January	Friday	1 – 3pm	6

Cheviot – Kelso, Jedburgh

Activity	Venue	Start Date	Day	Time	Weeks
Artful Numeracy 2	Abbey Row Centre, Kelso, TD5 7BJ	16 th August	Friday	2-4pm	10
Stone Carving the Circle for Beginners	Abbey Row Centre, Kelso, TD5 7BJ	3 rd October	Thursday	10.30am – 12.30pm	6
Gardening solutions that don't cost the earth	Crailling Community Orchard Crailling Jedburgh	18 th August	Sunday	10am – 1pm	6
Introduction To Creativity & Crafting	Kelso Library Bowmont Street Kelso TD5 7JH	8 th January	Wednesday	10am – 11.30am	6

Eildon – Galashiels, Selkirk


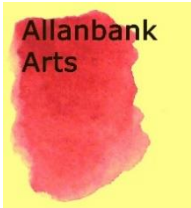

Activity	Venue	Start Date	Day	Time	Weeks
Nature Club for Adults	Mauldsheugh Wood, Selkirk	23 rd August	Friday	10am – 12pm	6
Learn to Draw' - beginners course	The Little Art Hub 17 Channel Street Galashiels TD1 1BJ	14 th September	Saturday	2 – 5pm	6
Learn to Draw' - beginners course	The Little Art Hub 17 Channel Street Galashiels TD1 1BJ	18 th January	Saturday	2 – 5pm	6
'Art Counts Galashiels'	The Little Art Hub 17 Channel Street Galashiels TD1 1BJ	26 th September	Thursday	10am – 12pm	6
Absolute Beginners Guitar	MacArts Bridge Street, Galashiels TD1 1SP	3 rd September	Tuesday	10.30 – 11.30am	6
Beyond Beginners Guitar	MacArts Bridge Street, Galashiels TD1 1SP	22 nd October	Tuesday	10.30 – 11.30sm	6
Stone Carving the Circle for Beginners	The Focus Centre, Livingstone Place, Galashiels TD1 1DQ	19 th August	Mondays	10.30am – 12.30pm	6
Nature Journaling in Watercolour	The Focus Centre, Livingstone Place, Galashiels TD1 1DQ	31 st August	Saturday	1pm – 4pm	6
Community Drum Circles	THE HEARTH studio, Bleachfield Rd, Selkirk TD7 4HE	3 rd November	Sunday	10am – 12pm	6
The Confidence Code - Mindset for Maths and Numbers	The Victoria Hall, Selkirk TD1 1BJ	*2 nd September *New start date	Mondays	9.30am – 11.30am	6
DIY for Beginners	MacArts Bridge Street, Galashiels TD1 1SP	7 th October	Mondays	Morning & Afternoon Time TBC	3

Teviot and Liddesdale – Hawick, Newcastleton

Activity	Venue	Start Date	Day	Time	Weeks
I “CAN” cook	Buccleuch House 4 South Hermitage Street Newcastleton TD9 0QR	*5 th November *New start date	Tuesday	6pm – 7.30pm	6
Community Christmas Crafting	Adult Learning Room, Burnfoot Community TD9 8EQ	3 rd September	Tuesday	1.30 – 3pm	14
Number Ninjas: Family Fun with Maths	Early Years Burnfoot Kenilworth Ave, Hawick TD9 8EQ	13 th January	Mondays	10am-12pm	6
Rhythm and Numeracy	Burnfoot Community Hub 89 Burnfoot Road, Hawick TD9 8EJ	22 nd January 25	Wednesday	10.30- 12noon	3


Tweeddale – Peebles, Innerleithen,


Activity	Venue	Start Date	Day	Time	Weeks
Beginners Drama Course for Adults	Breathe Yoga and Wellness Studios Old Halyrude School, Old Church Rd, Peebles EH45 8LH	7 th October	Wednesday	7pm – 9pm	6
Art Counts Upper Tweeddale	Broughton Village Hall Broughton ML12 6HF	24 th September	Tuesday	10am – 12pm	6
ART COUNTS even more!	Traquair Village Hall 1 The Bield, Traquair, Innerleithen EH44 6PJ	4 th October	Friday	10am – 12pm	7
Public Speaking Course	Breathe Yoga and Wellness Studios Old Halyrude School, Old Church Rd, Peebles EH45 8LH	30 th October	Wednesday	7pm – 9pm	6

<p><u>Board games for Beginners</u></p> <p>Byte Sized Learning</p>	<p>Bytesized Learning Eddy Richards games@bruntonallanton.plus.com</p> <p>Play fun and engaging modern boardgames - they will make you laugh and think!</p> <p>There is a huge range of games to try, you will quickly find your favourites, learning new ones each week.</p> <p>You'll be guided by expert games explainer Eddy so you won't have to read any rules yourself. It's a very social activity, come by yourself or bring friends and family, all ages are welcome.</p>
<p><u>Mindful Art</u></p> 	<p>Jag Art 82 Enquiries@jagart82.com</p> <p>Our workshop will be art based with a little craft. Following simple guidelines and direction but having the freedom to use your own imagination.</p> <p>Looking at shapes, colours, sizes, tones patterns and texture, using paints and materials to create shapes in perspective.</p> <p>Using the vanishing point to create different shades of prime colours.</p> <p>The opportunity given to in this way is to create your own masterpiece.</p>
<p><u>Painting with Numbers!</u></p> 	<p>Liz Hardy Allanbank Arts www.allanbankarts.co.uk lizziehardy@gmail.com</p> <p>A fun packed afternoon of art and numbers for children aged 4-7 and their parents/grandparents/carers. We will look at different artists and try out lots of ways of making art at home. This is a chance to enjoy time together, try out some new art ideas and number games and get some help with introducing your little ones to simple maths. We hope you will go away with some new ideas, some new friends and feeling a bit more confident at helping your child enjoy numbers and art!</p>
<p><u>Airfryer Cooking Course</u></p> 	<p>Susie Hopewell 07714514975</p> <p>This is a 6-week Airfryer course to learn about:</p> <ul style="list-style-type: none"> • Using different units of measurement (grams, millilitres, cups) • Portioning and scaling recipes • Adjusting ingredients • Meal preparation • Learning new cooking skill



	<ul style="list-style-type: none"> • How to cook healthy, affordable meals and snacks. <p>After each session everyone will have the opportunity to sit down and the meals/snacks they have prepared together</p> <p>The course will be delivered by Abundant Borders and supported by Splash. Airfryers and ingredients will be provided.</p>
<p>Your Ultimate Guide to Planning a Safe Open Water Activity</p> 	<p>Sally Walsh 07803741454 Info@stabbscharters.com</p> <p>These workshops will give you the skills and knowledge to confidently plan a safe open water activity such as swimming, surfing, paddle boarding etc.</p> <p>There is a huge amount of information on social media and the internet which can often be contradictory and ill informed. These sessions will give you the skills to make informed and safe decisions on whether the outdoor conditions are suitable for your open water activity.</p> <p>The sessions involve skills such as reading tide tables, understanding weather maps, marine charts, using compasses and also interpreting data from different weather, and tide apps.</p> <p>The course will also cover the science behind how cold water affects human physiology and how to recognise when someone is in trouble as well as learning how to react in an emergency situation. Participants will also learn how to administer basic first aid, including CPR and the use of a defibrillator.</p> <p>Suitable for all levels of knowledge</p>
<p>Introducing Creativity</p> 	<p>The Crafty Creative Lesley Rosher lesley@thecraftycreative.co.uk</p> <p>Join our creative class for adults, focusing on fun and learning with all materials provided—no prior experience needed.</p> <ul style="list-style-type: none"> • Week 1: Crystal Art Create beautiful designs by applying crystals to cards or notebooks. • Week 2: Giant Origami Fold oversized origami animals with printed designs to guide you. • Week 3: Mini Cross Stitch Dive into easy cross-stitch projects with complete kits featuring various designs. • Week 4: Beaded Bracelets Make stylish stacking bracelets using Stretch Magic elastic and Japanese Miyuki seed beads. • Week 5: Mosaic Kit Design and grout a pair of mosaic coasters in a single session using sticky blanks.

	<ul style="list-style-type: none"> • Week 6: Potluck Choice Revisit a favourite craft or select from various crafts for the final session.
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<p><u>Artful Numeracy</u></p> 	<p>hello@melaniemcewanstudio.com Melanie McEwan 07590046189</p> <p>Come and have some arty fun! Try different forms of art such as painting, drawing, modelling with clay and paint pouring all of which use numeracy in practical ways. No previous art experience required.</p> <p>The first group of workshops I ran were a big hit and I'm delighted to be able to run Artful Numeracy 2. There are 12 places available for 10 sessions.</p> <p>Each session is practical, and you will create your own work of art to take home with you. The workshops are very relaxed and a great way to meet others, make friends, have a chat, explore your creativity, and gain confidence with numeracy and math.</p> <p>All materials, tea, coffee, and biscuits are provided free of charge. Just bring yourself and apron or wear clothes you don't mind getting paint on!</p>
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<p><u>Stone Carving</u></p> <p>Natasha Smith Stone Carver & Letter Cutter</p> 	<p>Natasha Smith Stone Carving natstone@live.co.uk 07919872941</p> <p>A gentle introduction to stone carving. We will be making relief carvings based on the circle. After choosing the stone and a design to work on, I will guide you in the setting-out using simple geometry. Hand tools are used throughout to create the design; no special artistic ability or strength is needed, just a willingness to learn and a sense of curiosity. Stone carving is a fun, and absorbing craft. By the end of the course, you will have produced a piece of work to take home.</p> <p>You will need to wear working clothes, that you don't mind getting dusty and a hat is useful. Strong shoes or boots, no sandals, please. We will probably be working outside at the Galashiels course, weather permitting. Kelso is inside. Goggles and dust masks provided.</p>
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<p><u>Gardening solutions that don't cost the earth</u></p>	<p>Orchard Development Group crailingcommunityorchard@gmail.com</p>
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	<p>Running fortnightly the course will cover; summer pruning of fruit trees, rainwater harvesting, designing gardens for diversity and natural balance, harvesting apples and pears, seed saving and the benefits of open pollinated seed, building healthy soils for free, preserving the harvest and sustainable wreath making with foraged materials.</p> <p>Most of the sessions will be held outdoors, so appropriate clothing is required. There is uneven ground within the orchard.</p> <p>There is a compost loo, shelter and firepit on site, but no running water.</p> <p>Parking is freely available a short walk from the orchard, though 2 disability spaces are available on site if required.</p>
<p>Introduction To Creativity & Crafting</p> 	<p>The Crafty Creative Lesley Rosher lesley@thecraftycreative.co.uk</p> <p>Join our creative class for adults, focusing on fun and learning with all materials provided—no prior experience needed.</p> <ul style="list-style-type: none"> • Week 1: Crystal Art Create beautiful designs by applying crystals to cards or notebooks. • Week 2: Giant Origami Fold oversized origami animals with printed designs to guide you. • Week 3: Mini Cross Stitch Dive into easy cross-stitch projects with complete kits featuring various designs. • Week 4: Beaded Bracelets Make stylish stacking bracelets using Stretch Magic elastic and Japanese Miyuki seed beads. • Week 5: Mosaic Kit Design and grout a pair of mosaic coasters in a single session using sticky blanks. • Week 6: Potluck Choice Revisit a favourite craft or select from various crafts for the final session.

<p>Nature Club for Adults</p> 	<p>Go Wild Scotland Lisa McLeish ranger@gowildscotland.com 07904 993 726</p> <p>Workshop Schedule:</p> <ul style="list-style-type: none"> • Session 1: 23 August 2024 Birds: Birdwatching and making simple bird feeders while learning to keep a tally of sightings.
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	<ul style="list-style-type: none"> • Session 2: 30 August 2024 Insects and Invertebrates: Building a bughouse and conducting a FIT (Flower-Insect Timed) Count, practicing tally skills from the first session. • Session 3: 6 September 2024 Plants: Surveying woodland plants, measuring 1-meter squares, and learning plant families and climate change impacts. • Session 4: 13 September 2024 Mammals: Identifying woodland animal tracks and trails, focusing on size and shape. • Session 5: 20 September 2024 Trees: Identifying, measuring, and aging different trees and exploring natural shapes and patterns. • Session 6: 23 September 2024 Pond and River: Pond-dipping and using a dichotomous key to identify invertebrates while conducting a species survey.
<p>'Learn to Draw' - beginners drawing workshop</p> 	<p>Lara Harbour 07523 768406 harbourart.info@gmail.com</p> <p>This is a free-draw workshop with professional tuition & guidance available if required. We offer visually inspiring subject matter in the form of surreal-landscape installations/still life's with a range of paper surfaces and drawing mediums to experiment with.</p> <p>All materials & refreshments will be supplied at each workshop & the premises accommodates disabled access and toilet facilities.</p> <p>Participants can come, relax and enjoy the creative experience and visual themes of mindfulness, connection & community, or have some more formal tuition in learning techniques for observational drawing.</p> <p>This workshop is for beginners, frustrated doodlers & anyone wanting to know more about learning to draw.</p> <p>No class on 5th October halfway through the block</p>
<p>Art Counts Galashiels</p> <p>Jules Bradbury</p>	<p>Jules Bradbury jules@fluidearth.com 07378802282</p> <p>A series of 6 FREE workshops exploring where art and maths overlap.</p>

	<p>Each workshop will focus on a different theme, looking at the maths principles that underpin so much of what we do when making art:</p> <ol style="list-style-type: none"> 1. Mixing colour to understand percentages 2. Drawing to understand sequence + proportion 3. Handling paper to understand weights, size, texture (standardised systems!) 4. Looking at the power of pattern, repetition, rhythms 5. Scale up, scale down...size matters! 6. Do we measure up? (how we frame and present our collaborative artwork) <p>These workshops take a relaxed fresh approach, where doing and making champion the way to learning. The aim is to inspire and build confidence in a supportive environment that encourages new connections.</p> <p>All are welcome.</p>
<p><u>Absolute Beginners - Guitar</u></p>	<p>Ozzy Mackinnon Projects <u>ozzy.mackinnon@btinternet.com</u></p> <p>Never picked up an instrument in your life - This ones for you ! Very relaxed and informal introduction to the guitar. Learn about the history of the Guitar. Learn a number of chords. Start to gather your rhythm & play a tune! Plus learn how to string & tune your guitar. Guitars provided</p>
<p><u>Beyond Beginners Guitar</u></p>	<p>Ozzy Mackinnon Projects <u>ozzy.mackinnon@btinternet.com</u></p> <p>Join this exciting guitar course and unlock your musical potential while boosting your numeracy skills! Over six sessions, you'll master scales, chord construction, and music theory, all of which involve counting and understanding numbers. Progressing to strumming patterns and rhythm recognition, you'll enhance your mathematical awareness in a fun way. Sign up now and start your journey towards becoming a confident guitarist!</p>
<p><u>Stone Carving the Circle for Beginners</u></p>	<p>Natasha Smith <u>natstone@live.co.uk</u> 07919872941</p> <p>A gentle introduction to stone carving. We will be making relief carvings based on the circle. After choosing the stone and a design to work on, I will guide you in the setting-out using simple geometry.</p>

Natasha Smith
Stone Carver
& Letter Cutter



Hand tools are used throughout to create the design; no special artistic ability or strength is needed, just a willingness to learn and a sense of curiosity. Stone carving is a fun, and absorbing craft.

By the end of the course, you will have produced a piece of work to take home.

You will need to wear working clothes, that you don't mind getting dusty and a hat is useful. Strong shoes or boots, no sandals, please. We will probably be working outside, weather permitting. Goggles and dust masks provided.

Nature Journaling in Watercolour



Pete Carthy: Nature Inspired Art, Photography, Print & Poetry.



Pete Carthy - Nature Inspired Artist
07555445605
peter_carthy@hotmail.com

Nature Journaling is an opportunity to learn about nature and also to begin to learn how to capture that immersive experience through the medium of watercolour. Nature Journaling also develops other skills such as maths, mindfulness, improving mental and physical wellbeing and social skills.

No formal art experience is necessary, Pete - is a self-taught artist. Everything will be taught as we go through the course. The course is part art, part nature connection, part maths, part mindfulness, part - meet new people and part - having fun and relaxing.

- A summary of the six-week block:
- Week 1: Introduction to the medium of watercolour
 - Week 2: Skies and Cloud
 - Week 3: Plants/wildflowers
 - Week 4: Animals/insects
 - Week 5: Fungi
 - Week 6: Landscapes

All resources will be supplied.

As this is a nature journaling course, some aspects of the course are done outside on a walk, around Gala Policies Woodlands. Participants will need to come suitably dressed for the weather.

Community Drum Circles

Pollyana
hello@primalrising.com

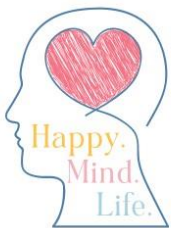
Join Pollyana from PRIMAL RISING and Alistair for a fun and nourishing Community Drum Circle at THE HEARTH studio in Selkirk, Scottish Borders.



In this event you will have the opportunity to take part on sharing circles, play frame drums, sing medicine songs and share food together.

If possible, please bring with you a water bottle.

The Confidence Code - Mindset for Maths and Numbers



Sharday
sharday@happy-mind-life.com

Conquer numbers with confidence!

Do maths tasks at work fill you with fear?
Does the word "math" trigger anxiety?
Do you avoid any tasks or situation where maths may be needed?
Does the fear of maths hold you back in general day to day life, from doing the things you want to do?
Do you hold back from further maths studies because the nerves are too much for you

You're not alone! Many adults struggle with numbers and maths, often due to negative past experiences or a fear of getting things wrong.

In this workshop you will:

- Learn how to identify and overcome negative thought patterns around math.
- Discover mindfulness techniques to manage anxiety and stay calm when faced with numbers.
- Develop strategies for approaching math problems with a positive attitude.
- Gain an understanding of how your thoughts can support you in moving forward with maths
- Understand what Maths Anxiety is and how to overcome it

This workshop is a supportive and judgement-free environment, perfect for anyone who wants to improve their mindset towards numbers and maths.


DIY for Beginners


Ozzy Mackinnon Projects
ozzy.mackinnon@btinternet.com

Join this engaging DIY skills course designed for beginners looking to enhance their home improvement abilities! Over six hands-on sessions, you'll learn the essentials of woodworking, tiling, floor covering, and

	<p>tool maintenance. With personalised project planning and practical demonstrations, you'll build confidence while creating your own small table, shelves, and more. Don't miss this opportunity to gain valuable skills and transform your living space – sign up today!</p>
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<p>I "CAN" cook</p> 	<p>Newcastleton & District Community Trust admin@newcastletoncommunitytrust.co.uk 013873 75908</p> <p>Using canned goods to create hearty meals for all the family. Learning new skills and sharing ideas around savvy shopping, budgeting and making the most out of your store cupboard ingredients. Cooking together as a group, then taking away "tin wins" each week to try at home.</p>
<p>Community Christmas Crafting</p> 	<p>Community Christmas Crafting workshops are not only fun and festive but also a great way to incorporate numeracy into your festive activities!</p> <p>Get ready to dive into dynamic craft ideas that will not only brighten up your Christmas but also enhance your number skills. Expect to find creative projects that involve counting, measuring, and even simple calculations, making the learning experience interactive and engaging.</p> <p>Whether you're working on a project that requires precise measurements or creating a festive gifts with a specific number of decorations, numbers will play a role in our craft workshops.</p> <p>Join us for a fun and educational experience that will leave you feeling inspired and festive!</p> <p>Opportunity to sell crafty items at the Christmas Fair!</p>
<p>Number Ninjas: Family Fun with Maths</p> 	<p>Number Ninjas: Family Fun with Math is a dynamic group work programme designed to empower parents and children to explore the exciting world of numeracy together. Through engaging and interactive activities, families will discover new ways to integrate math learning into their daily lives while having a blast along the way!</p>
<p>Rhythm and Numeracy</p>	

	<p>A dynamic and engaging session combining the art of rhythm with the world of numeracy! Participants will embark on a unique journey where they will explore the exciting connection between drumming instruments and numbers. Through interactive drumming activities and rhythmic exercises, attendees will not only enhance their sense of timing and coordination but also develop a deeper understanding of numerical concepts.</p> <p>Join us for a lively experience where math meets music, creating a harmonious blend of learning and fun!</p>
<p><u>Beginners Drama Course for Adults</u></p> 	<p>www.actingoutdramaschool.com hello@actingoutdramaschool.com www.instagram.com/acting_out_drama_school www.facebook.com/actingoutuk www.twitter.com/actingoutuk</p> <p>FREE Adult Beginner’s Drama Course which aims to which aim to increase your confidence and skill in acting as well as in using maths in every daily life.</p> <p>You will explore the fundamentals of drama, including improvisation, character development, and script reading. Whether you are a complete beginner or someone with a bit of acting experience, our supportive and encouraging environment will help build your confidence and develop your performance abilities, while understanding the importance of numeracy skills and how these fit into acting and everyday life. Throughout the course, there will be opportunities for open discussion, feedback, and collaborative learning.</p>
<p><u>Art Counts Upper Tweeddale</u></p> <p>Jules Bradbury</p>	<p>A series of 6 FREE workshops exploring where art and maths overlap.</p> <p>Each workshop will focus on a different theme, looking at the maths principles that underpin so much of what we do when making art:</p> <p>These workshops take a relaxed fresh approach, where doing and making champion the way to learning. The aim is to inspire and build confidence in a supportive environment that encourages new connections.</p> <p>8 places</p> <p>All are welcome.</p> <p>6 x weekly workshops (with a break for half-term) Jules is happy to speak with anyone who'd like to find out more about the course</p>
<p><u>ART COUNTS Even more!</u></p>	<p>Jules Bradbury jules@fluidearth.com</p>

<p>Jules Bradbury</p>	<p>7 x FREE weekly workshops exploring where art and maths overlap around the theme of Sacred Geometries.</p> <p>We'll be studying and recreating motifs from both Islamic and Celtic art, learning how to use compasses to construct the patterns. Each participant will work on their own piece to be framed at the end of the course.</p> <p>These workshops take a relaxed approach, where doing and making champion the way to learning. The aim is to inspire and build confidence in a supportive environment that encourages new connections.</p> <p>No previous experience required. To find out more, please get in touch with Jules.</p> <p>No class on 16th October (half-term)</p>
<p><u>Public Speaking Course</u></p> 	<p>Adult Public Speaking Course designed to increase your confidence and skill in public speaking, as well as in using maths in daily life.</p> <p>You will explore the fundamentals of public speaking, including speech preparation, delivery techniques, and audience engagement. Whether you are a complete beginner or someone with a bit of speaking experience, our supportive and encouraging environment will help build your confidence and enhance your presentation abilities, while understanding the importance of numeracy skills and how these fit into public speaking and everyday life.</p> <p>You'll discover how to recognise the value of using numbers and statistics to enhance your speeches, providing evidence, credibility, and support for your arguments. You'll explore methods to gather relevant statistics, facts, and figures related to your topic through thorough research. You'll practice incorporating numerical data seamlessly into your speech, ensuring the numbers are easy to understand, relevant, and support your key points. Additionally, you'll learn how to use visual aids such as charts, graphs, or infographics to present numerical information in a clear and engaging way.</p> <p>Throughout the course, there will be opportunities for open discussion, feedback, and collaborative learning.</p>