

Improving Your Confidence Workshops

Course Description

* Please note that your place is not guaranteed until you receive confirmation from a member of our Customer Services Team *

Course Overview

We will consider & discuss the following:-

- • What is confidence?
- • How does it affect our lives?
- • What is a confident person?
- • What are different areas of life and situations where you might be confident/not confident, especially in new or unfamiliar situations?
- • How do we feel/look when we are/are not confident (including body language)?
- • How do you find out where your own confidence levels are and how this might affect your life?

Attendance

To complete the course, you will need to attend all workshops.

Suitable for

These workshops are designed for adults who wish to develop their knowledge and understanding of confidence, to look at their own personal development and start to improve their own confidence through understanding it.

Delivery method

In person, in a classroom. (In lockdown, online delivery may be available.)

A variety of teaching and learning strategies will be employed, including taught lessons, small group work, activities and class discussions.

Homework

No homework is necessary, but you might like to try out some suggestions from class and reflect on how you got on.

Assessment

No formal assessment is required. During the session your tutor will check your understanding through question and answer, and verbal/written feedback/review.

Further Study

Guidance is given throughout the course regarding opportunities and careers. Upon successful completion of this course, you can progress onto:

Qualifications:

- Level 1 Award in Stress Awareness
- Level 1 Award in Mental Health Awareness
- Level 2 Certificate in Awareness of Mental Health Problems

Why study here?

We provide a welcoming learning environment with excellent learning resources and facilities. Tutors are experienced, well qualified and offer industry experience in their subjects. Learning is accessible from home via the online learning platform Google Classroom to allow you to make progress between taught sessions.

ADDITIONAL INFORMATION

You will need to bring a paper and a pen with you. A folder is useful to keep your work in.

[This course is currently being offered FREE of charge](#)