

Building Confidence for Life - Tailored Learning

Course Name	Start Date	End Date	Site	Total Fees
Building Confidence for Life - Ashby Hub - Thursday Morning - Tailored Learning (Nov)	06/11/2025	11/12/2025	Ashby Community Hub	0.00
Building Confidence for Life - Baysgarth - Wed Morning - Tailored Learning (Nov)	05/11/2025	10/12/2025	Ashby Community Hub	0.00

Course Description

Building Confidence for Life

Content and Overview:

Want to feel more confident in everyday life, at work, or in groups? This supportive, 5-week course will help you build self-belief, overcome shyness, and develop the courage to speak up and take positive steps forward. Whether you're looking to improve social confidence, prepare for further learning, or just feel better about yourself and your abilities, this course offers a welcoming space to grow, share and succeed. No pressure – just practical tools, group support, and a chance to discover what you're truly capable of.

This course will support you to strengthen your employability and transferable skills such as communication, problem-solving, and self-management to help you feel more prepared for your next steps in learning or work.

Course aims:

- Build your self-belief and resilience.
- Support in overcoming shyness and managing nerves.
- Improve your confidence when speaking in groups or social situations.
- Encourage positive action toward personal goals or next steps.

Week 1: Understanding confidence

Week 2: Managing nerves and tackling shyness

Week 3: Positive self-talk and self-belief

Week 4: Speaking with others

Week 5: Courage to take your next steps

Suitable for:

For adults looking to develop personal confidence in social, learning or work-based settings.

Delivery Method:

This course will be delivered face to face at Ashby Community Hub over 5 sessions. Please bring a pen to all classes.

Entry requirements:

Before starting a course, you will be asked questions to determine your eligibility.
You must be aged 19+ on 31 August 2025 and be a UK resident to join this course & be eligible for funding.

Progression route:

You can progress onto one further personal development course. You may also wish to take next steps into:

Studying English
Studying Maths
Studying Digital Skills
Studying industry specific employability courses

During your course, you will be provided with information, advice and guidance about the appropriate next steps for you.

We have a dedicated Careers and Employability Coordinator who can support you to plan for these, as well as discussions with your tutor.

Disclaimer:

When applying for this course, you must provide evidence to confirm eligibility for funding, proof of ID and full address. You will be asked to show proof of ID, proof of address and evidence of income or benefits.

Applying for a course does not mean you are automatically enrolled.

Our dedicated team will be happy to help – just call us on 01724 297146 or email
<https://northlincsadulteducation.co.uk/contact/>