

Life Skills for Confident Living - Tailored Learning

Course Name	Start Date	End Date	Site	Total Fees
Life Skills for Confident Living - Oikos Brigg - Wednesday Afternoon - Tailored Learning	05/11/2025	17/12/2025	Ashby Community Hub	0.00

Course Description

Content & Overview:

This 6-week course is designed to help you develop the practical skills needed for independent living. You will learn how to manage personal finances, budget effectively, plan and prepare simple meals, and build confidence in communication and social situations. The course offers a supportive environment where you can gain valuable skills to enhance your independence and wellbeing.

Suitable for:

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

Delivery method:

Face to face.

Progression route:

Further tailored learning courses including:

Personal development courses such as:

- Building Confidence
- Coping with Change
- Stress Less
- Developing a Positive Mindset

Qualifications such as:

- English
- Maths
- IT

DISCLAIMER:

When applying for this course, you must provide evidence to confirm eligibility for funding, proof of ID and full address. Applying for a course does not mean you are automatically enrolled. You must be 19+ on 31 August 2025 and a UK resident for at least 3 years.

Our dedicated team will be happy to help – just call us on

01724 297146 or contact us on <https://northlincsadulteducation.co.uk/contact/>