

## Building Confidence for Life - Tailored Learning

| Course Name                                                              | Start Date | End Date   | Site                | Total Fees |
|--------------------------------------------------------------------------|------------|------------|---------------------|------------|
| Building Confidence - Ashby Hub - Friday Afternoon - Tailored Learning   | 18/09/2026 | 16/10/2026 | Ashby Community Hub | 0.00       |
| Building Confidence - Ashby Hub - Thursday Afternoon - Tailored Learning | 12/11/2026 | 10/12/2026 | 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:**

You must be 19+ on 31 August 2026 and ordinarily resident in England for the last 3 years. You must also be resident in the Greater Lincolnshire County Council Area (GLCCA) on the first day of learning.

When applying for this course, you must provide evidence to confirm eligibility for funding, this includes proof of ID and proof of address. In addition, we will also require evidence if your income and or benefits, if £26,800 gross or below.

If you have not attached the evidence to your application, please provide using one of the following methods:

- In person - please bring to the Business Admin office (F09) at Ashby Community Hub
- Email - the evidence to [nlac.enquiries@northlincs.gov.uk](mailto:nlac.enquiries@northlincs.gov.uk)

The business admin team will contact you if any other eligibility requirements are required, based on your individual application. Please note applying for a course does not mean you are automatically offered a place on the course.

If you need further assistance or have any questions, please contact our dedicated team will be happy to help – just call us on 01724 297146 or contact us on

<https://northlincsadulteducation.co.uk/contact/>