

## Course details

### Course title

Confidence to Learn

### Course code

Q00017384

### Course date

Start: 16/09/24

End: 09/12/24

### Number of classes

13 sessions

### Timetable

Mon 16th Sep, 10:00 to 12:00

Mon 23rd Sep, 10:00 to 12:00

Mon 30th Sep, 10:00 to 12:00

Mon 7th Oct, 10:00 to 12:00

Mon 14th Oct, 10:00 to 12:00

Mon 21st Oct, 10:00 to 12:00

Mon 28th Oct, 10:00 to 12:00

Mon 4th Nov, 10:00 to 12:00

Mon 11th Nov, 10:00 to 12:00

Mon 18th Nov, 10:00 to 12:00

Mon 25th Nov, 10:00 to 12:00

Mon 2nd Dec, 10:00 to 12:00

Mon 9th Dec, 10:00 to 12:00

### Tutor

Patrick O'Reilly

### Fee range

Free to £16.80

## How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

## Venue

Ancaster Day Centre (Lincoln)

Boundary Street

Lincoln

LN5 8PF

## Level of study

Beginners

## Course overview

Would you like to learn new skills or change jobs? It can be hard to get back into learning after a long break. This confidence training will prepare you to feel comfortable stepping back into the classroom. This short course can help you bridge the gaps in your confidence and overcome the obstacles standing in your way to get back into learning. The objective of this course is to get you into a positive mindset to achieve your goals. You will practise a variety of confidence-building exercises to help that mindset shift come from within.

## Course description

Learn skills to help you succeed in online and face-to-face teaching settings. Regain forgotten study habits. Pick up techniques to help you organise and enjoy your learning process. Understand where you feel most and least sure of yourself and do confidence-building exercises to get the most out of your studies.

Confidence-building courses help you improve your self-esteem and overcome obstacles that hold you back. By the end of this course, you will feel confident to go after your learning objectives.

Depending on your needs, there are various study options after this course. If you would like to keep working on your self-esteem, you may consider other confidence-building courses.

At the WEA, we believe in the power of a supportive learning environment. Your tutor will guide you through your learning and help you choose the right next steps for you.

To study this course you'll need a digital device and an internet connection. This is so you can access our digital learning resources.

The WEA is committed to accessible adult education. If you have any issues or needs, please let us know and we will do our best to help you.

Most of our courses are free for most of our learners. Please note that you need to get to the end of the enrolment process to see the discounts.

## **What financial support is available?**

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

## **What other support is available?**

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

**Source URL:** <https://www.wea.org.uk/courses/skills-life/confidence/16-september-confidence-learn>