

Course details

Course title

Personal Development: Confidence Building for Life and Studying

Course code

Q00016558

Course date

Start: 02/10/24

End: 18/12/24

Number of classes

24 sessions

Timetable

Wed 2nd Oct, 10:00 to 12:00
Wed 2nd Oct, 10:00 to 12:00
Wed 9th Oct, 10:00 to 12:00
Wed 9th Oct, 10:00 to 12:00
Wed 16th Oct, 10:00 to 12:00
Wed 16th Oct, 10:00 to 12:00
Wed 23rd Oct, 10:00 to 12:00
Wed 23rd Oct, 10:00 to 12:00
Wed 30th Oct, 10:00 to 12:00
Wed 30th Oct, 10:00 to 12:00
Wed 6th Nov, 10:00 to 12:00
Wed 6th Nov, 10:00 to 12:00
Wed 13th Nov, 10:00 to 12:00
Wed 13th Nov, 10:00 to 12:00
Wed 20th Nov, 10:00 to 12:00
Wed 20th Nov, 10:00 to 12:00
Wed 27th Nov, 10:00 to 12:00
Wed 27th Nov, 10:00 to 12:00
Wed 4th Dec, 10:00 to 12:00
Wed 4th Dec, 10:00 to 12:00
Wed 11th Dec, 10:00 to 12:00

Wed 11th Dec, 10:00 to 12:00

Wed 18th Dec, 10:00 to 12:00

Wed 18th Dec, 10:00 to 12:00

Tutor

Caroline Smy

Fee range

Free to £92.40

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

KCU Ltd at Fuller Church (Kettering)

51 Gold Street

Kettering

NN16 8JB

Level of study

Beginners

Course overview

Unleash your confidence. This unique 4-week course goes beyond typical confidence-building programs. We'll delve deeper, helping you understand the science of confidence and how to apply powerful techniques to conquer challenges in various situations.

Course description

Empower Yourself: We'll begin by exploring the true nature of confidence – what it is and what it isn't. You'll gain essential tools to boost your self-belief and navigate even the most daunting scenarios.

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.

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