

## Course details

### Course title

Personal Development: Intermediate "What Makes You You?"

### Course code

Q00016665

### Course date

Start: 08/01/25

End: 12/02/25

### Number of classes

12 sessions

### Timetable

Wed 8th Jan, 10:00 to 12:00

Wed 8th Jan, 10:00 to 12:00

Wed 15th Jan, 10:00 to 12:00

Wed 15th Jan, 10:00 to 12:00

Wed 22nd Jan, 10:00 to 12:00

Wed 22nd Jan, 10:00 to 12:00

Wed 29th Jan, 10:00 to 12:00

Wed 29th Jan, 10:00 to 12:00

Wed 5th Feb, 10:00 to 12:00

Wed 5th Feb, 10:00 to 12:00

Wed 12th Feb, 10:00 to 12:00

Wed 12th Feb, 10:00 to 12:00

### Tutor

Caroline Smy

### Fee range

Free to £50.40

## 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

Intermediate

## Course overview

This transformative 6-week course will help you understand yourself better and unlock your full potential. You'll explore self-esteem, learning how to boost your confidence and inner strength. By reflecting on your life experiences, you'll discover valuable lessons and growth opportunities to shape a brighter future. Additionally, you'll explore different personality traits to understand your strengths and weaknesses, embrace your individuality, and become more adaptable.

## Course description

Who Should Take This Course?

This course is perfect for anyone seeking personal growth. Whether you want to boost your confidence, navigate career choices, or simply gain a deeper understanding of yourself, this course is for you.

What Will You Learn?

We'll embark on a journey of self-discovery through interactive discussions, self-reflection exercises, and group activities. You'll gain valuable tools to:

- **Build Positive Self-Esteem:** Cultivate a healthy self-image and develop strategies to overcome self-doubt.

- Turn Your Experiences into Strengths: Learn how to analyse your past experiences and identify valuable takeaways for personal and professional growth.
- Embrace Your Personality: Understand your unique personality traits and leverage them to thrive in both academic and professional settings.
- Identify Your Ideal Path: Explore study and work opportunities that align with your personality and passions.

## 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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