

## Course details

### Course title

Communicating Confidently

### Course code

Q00013192

### Course date

Start: 25/11/24

End: 13/01/25

### Number of classes

8 sessions

### Timetable

Mon 25th Nov, 10:30 to 13:30

Mon 2nd Dec, 10:30 to 13:30

Mon 9th Dec, 10:30 to 13:30

Mon 16th Dec, 10:30 to 13:30

Mon 23rd Dec, 10:30 to 13:30

Mon 30th Dec, 10:30 to 13:30

Mon 6th Jan, 10:30 to 13:30

Mon 13th Jan, 10:30 to 13:30

### Tutor

Guest Speaker

### Fee range

Free to £63.00

### 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**

Tricuro -Parkstone Connect Day Centre (P  
Croft Road  
Poole  
BH12 3LD

## **Level of study**

Beginners

## **Course overview**

Would you like to feel more confident in conversations, meetings, or speaking in public? If you struggle to find your voice or get your point across, this communication skills course can help you feel more comfortable in conversation. Improving your communication skills can go a long way towards boosting your confidence in these situations. Learn effective tools and techniques to improve your communication skills. Whether you want to feel more comfortable meeting new people, holding union meetings or participating in community discussions, these confidence-building exercises can help you.

## **Course description**

This communication skills course includes confidence training to help you make yourself heard in discussions. Study the principles of effective communication. Practise skills such as active listening and emotional awareness. Do confidence-building exercises to feel comfortable in unfamiliar situations. This can help you improve your body language and non-verbal communication.

Confidence-building courses can help you excel in a variety of situations. By the end of this course, you will have more resources at your disposal to help you communicate with confidence, even in unfamiliar situations.

Depending on your needs, there are various study options after this course. You may consider a course in assertiveness or emotional resilience.

If you'd like to explore your study options, your tutor will be happy to chat to you to make sure you find the right course.

To do this communication skills course you'll need an internet connection. This is so you can access our digital learning platform, Canvas, and the course materials.

The WEA is committed to accessible adult education for all. If you have any accessibility requirements, please let us know and we will do our best to accommodate your needs.

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/communication-skills/25-november-communicating-confidently>