



Course details

Course title

Personal Development: Build Your Confidence (Women Only)

Course code

Q00010670

Course date

Start: 24/01/25

End: 05/04/25

Number of classes

11 sessions

Timetable

Fri 24th Jan, 10:00 to 12:00

Fri 31st Jan, 10:00 to 12:00

Fri 7th Feb, 10:00 to 12:00

Fri 14th Feb, 10:00 to 12:00

Fri 21st Feb, 10:00 to 12:00

Fri 28th Feb, 10:00 to 12:00

Fri 7th Mar, 10:00 to 12:00

Fri 14th Mar, 10:00 to 12:00

Fri 21st Mar, 10:00 to 12:00

Fri 28th Mar, 10:00 to 12:00

Fri 4th Apr, 10:00 to 12:00

Tutor

Inna Gorobets

Fee range

Free to £75.60

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

Somerstown Central Community Hub (Souths
Rivers Street
Somerstown
Southsea
PO5 4EY

Level of study

Beginners

Course overview

This Confidence Building course is ideal for anyone wishing to learn new skills to improve their self-confidence and self-esteem.

Course description

The course provides practical tips and advice to help you discover what confidence means to you and put the skills you've learnt into practice. By the end of this course, you'll be able to recognise the traits of a confident person, understand how to improve your confidence in a range of situations, and identify the barriers that are holding you back from achieving your goals.

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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