



## Course details

### Course title

Confidence Building for Creatives

### Course code

Q00017535

### Course date

Start: 01/10/24

End: 26/11/24

### Number of classes

9 sessions

### Timetable

Tue 1st Oct, 16:00 to 21:00

Tue 8th Oct, 16:00 to 21:00

Tue 15th Oct, 16:00 to 21:00

Tue 22nd Oct, 16:00 to 21:00

Tue 29th Oct, 16:00 to 21:00

Tue 5th Nov, 16:00 to 21:00

Tue 12th Nov, 16:00 to 21:00

Tue 19th Nov, 16:00 to 21:00

Tue 26th Nov, 16:00 to 21:00

### Tutor

Amanda Meaghan

### Fee range

Free to £150.00

### 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**

School of Create (Vauxhall)  
MACTAC Building  
Vauxhall Millennium Centre  
Blenheim Street  
Liverpool  
North West  
L5 8UX

## **Level of study**

E

## **Course overview**

Build your confidence as a creative professional with our Confidence Building for Creatives course. Ideal for artists, writers, and other creatives looking to overcome self-doubt and take the next step in their creative journey.

## **Course description**

Confidence Building for Creatives is designed to help individuals in the creative industries boost their self-esteem and overcome the challenges that often accompany creative work. The course provides practical strategies for managing self-doubt, building resilience, and developing a more confident approach to creative projects. Participants will engage in discussions and activities that focus on self-expression, setting achievable goals, and building a supportive creative network. Through guided exercises, participants will learn how to embrace their creative potential, take risks, and overcome the fear of failure. By the end of the course, participants will have gained greater confidence in their creative abilities and will be better equipped to pursue their creative goals with clarity and self-assurance. This course is ideal for artists, writers, performers, and anyone engaged in creative work.

## **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/1-october-confidence-building-creatives>