



Course details

Course title

Personal Development: Everyday life skills

Course code

Q00016151

Course date

Start: 22/04/25

End: 24/06/25

Number of classes

9 sessions

Timetable

Tue 22nd Apr, 13:00 to 15:00

Tue 29th Apr, 13:00 to 15:00

Tue 6th May, 13:00 to 15:00

Tue 13th May, 13:00 to 15:00

Tue 20th May, 13:00 to 15:00

Tue 3rd Jun, 13:00 to 15:00

Tue 10th Jun, 13:00 to 15:00

Tue 17th Jun, 13:00 to 15:00

Tue 24th Jun, 13:00 to 15:00

Tutor

Peter Childs

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

Guild House (Plymouth)
Guild House
156 Mannamead Road
Plymouth
PL3 5QL

Level of study

Beginners

Course overview

Develop essential life skills with our Personal Development: Everyday Life Skills course. Learn practical skills for managing daily tasks, improving communication, and building self-confidence. Ideal for individuals looking to enhance their independence and quality of life.

Course description

Personal Development: Everyday Life Skills is designed to help individuals develop the practical skills needed to navigate daily life with confidence. This course covers key areas such as time management, budgeting, communication, and problem-solving. Participants will learn how to manage their personal finances, communicate effectively, and handle common challenges in everyday life. The course includes practical exercises, group discussions, and expert advice to support students in building their skills and confidence. By the end of the course, participants will have a toolkit of life skills that can be applied to various aspects of their personal and professional lives. This course is ideal for anyone looking to improve their independence and quality of life.

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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