



Course details

Course title

Personal Development: Build Your Confidence (Women Only)

Course code

Q00011539

Course date

Start: 27/02/25

End: 27/03/25

Fee range

Free to £42.00

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

Somerstown Central Community Hub (Souths

Rivers Street

Somerstown

Southsea

PO5 4EY

Level of study

Beginners

Course overview

Designed for just women - this confidence building course is ideal for anyone wishing to learn new skills to improve their self-confidence and self-esteem. Whether you're aiming to boost your confidence in a professional environment, socially, or for personal growth, it will equip you with the necessary skills. You'll learn practical

techniques that will elevate both your personal and professional life, allowing you to embark on a journey of empowerment.

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 confidence building 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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