



## Course details

### Course title

Personal Development: Individual Growth and Self-awareness

### Course code

Q00015333

### Course date

Start: 06/05/25

End: 15/07/25

### Number of classes

10 sessions

### Timetable

Tue 6th May, 12:30 to 14:30

Tue 13th May, 12:30 to 14:30

Tue 20th May, 12:30 to 14:30

Tue 3rd Jun, 12:30 to 14:30

Tue 10th Jun, 12:30 to 14:30

Tue 17th Jun, 12:30 to 14:30

Tue 24th Jun, 12:30 to 14:30

Tue 1st Jul, 12:30 to 14:30

Tue 8th Jul, 12:30 to 14:30

Tue 15th Jul, 12:30 to 14:30

### Tutor

Tanzeela Javid

### Fee range

Free to £84.00

### 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**

Millan Centre (Bradford)

Victor Street

Bradford

BD9 4RA

## **Level of study**

Intermediate

## **Course overview**

The course focuses on self-reflection, discovery, and skill-building to enhance personal growth and enable individuals to thrive in various aspects of life. It enables learners to explore their own interests and talents, by nurturing aspects of themselves that can fulfil their self-esteem and create positive mindset, which essentially will grant them personal independence for both work and personal life. Throughout this transformative journey, participants will build strong foundations and be empowered with the tools and insights to navigate life with confidence and independence. Alongside personal development, learners will also be supported to develop and improve written and spoken English. This course is funded by West Yorkshire Combined Authority.

## **Course description**

Throughout the course, learners will have opportunities to deepen their understanding of themselves and their strengths to identify goals, aspirations and personal vision for their development and future.

The course will emphasise the development of essential skills that foster independence, such as self-management, decision-making, problem-solving, communication and adaptability. By the end of the course, learners will be better equipped to handle challenges, make effective choices, and navigate situations for personal and professional life with confidence.

Participants will delve deep into the realms of self-reflection, embarking on a profound exploration of their inner selves. Through engaging activities and thought-provoking discussions, learners will enhance their language skills while simultaneously unravelling the layers of their own identity. This course is not merely about acquiring language skills; it's about fostering personal growth and self-awareness. By nurturing their interests and talents, individuals will cultivate a robust sense of self-esteem, laying the groundwork for a resilient and positive mindset essential for success in both professional and personal spheres.

The friendly and approachable tutor will guide participants through this enriching experience, creating a supportive environment where learning is not only effective but also enjoyable. Participants will have the

opportunity to forge meaningful connections with fellow learners.

## **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/self-development/6-may-personal-development-individual-growth-and-self>