



## Course details

### Course title

Personal Development: Individual Growth and Self-awareness

### Course code

Q00011567

### Course date

Start: 03/10/24

End: 16/01/25

### Number of classes

13 sessions

### Timetable

Thu 3rd Oct, 9:30 to 11:30  
Thu 10th Oct, 9:30 to 11:30  
Thu 17th Oct, 9:30 to 11:30  
Thu 24th Oct, 9:30 to 11:30  
Thu 7th Nov, 9:30 to 11:30  
Thu 14th Nov, 9:30 to 11:30  
Thu 21st Nov, 9:30 to 11:30  
Thu 28th Nov, 9:30 to 11:30  
Thu 5th Dec, 9:30 to 11:30  
Thu 12th Dec, 9:30 to 11:30  
Thu 19th Dec, 9:30 to 11:30  
Thu 9th Jan, 9:30 to 11:30  
Thu 16th Jan, 9:30 to 11:30

### Tutor

Tanzeela Javid

### Fee range

Free to £92.40

## **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**

Beginners

## **Course overview**

Embark on a transformative journey with this 11-week course focused on personal development and self-awareness. Run by an experienced tutor this course seeks to empower participants in various aspects of their lives. Through workshops, discussions, and activities, participants will develop emotional intelligence, confidence, and resilience. Join us to nurture self-discovery, strengthen relationships, and navigate life's challenges with a newfound sense of purpose. There will be an enrolment session at the venue on 5th September between 10-2. Please bring photographic ID, proof of address and proof of benefits (if applicable). Learners cannot attend the course until fully enrolled.

## **Course description**

This course is tailored to offer a safe and supportive space for growth and exploration. The tutor will support you to engage in dynamic workshops, guided discussions, reflective exercises, and practical activities. You will delve into essential topics such as self-discovery, self-esteem, effective communication, setting boundaries, managing stress, and fostering resilience. By delving into cultural contexts and experiences, we aim to empower participants to navigate both tradition and modernity confidently. By the end of the course, participants will have developed a deeper understanding of their strengths, values, and goals. They will be equipped with practical tools to enhance their emotional intelligence, build healthier relationships, and navigate the multifaceted roles they play. After the course you may wish to take an accredited course such as Functional skills English or Maths, to volunteer or to look for employment.

## **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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