



Course details

Course title

Personal Development: Confidence Building

Course code

Q00011568

Course date

Start: 23/09/24

End: 09/12/24

Number of classes

11 sessions

Timetable

Mon 23rd Sep, 9:30 to 11:30

Mon 30th Sep, 9:30 to 11:30

Mon 7th Oct, 9:30 to 11:30

Mon 14th Oct, 9:30 to 11:30

Mon 21st Oct, 9:30 to 11:30

Mon 4th Nov, 9:30 to 11:30

Mon 11th Nov, 9:30 to 11:30

Mon 18th Nov, 9:30 to 11:30

Mon 25th Nov, 9:30 to 11:30

Mon 2nd Dec, 9:30 to 11:30

Mon 9th Dec, 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 building confidence and language skills for everyday life. Through workshops, discussions, and activities, participants will develop and expand communications skills. The course will cover language and language useage, topics around self esteem and friendships, identifying personal strengths and weaknesses. 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 personal growth and developing your everyday language skills. 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 effective communication, answering and asking a wide range of questions about yourself, recognising areas for development and building confidence and assertiveness. By the end of the course, participants will have developed their English vocabulary and distinguished formal and informal scenarios to expand communication. Learners will be equipped with practical tools to enhance their communication skills for personal relationships as well as personal growth. 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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