

Adult Learning - Course Information Sheet



SPCQ01CZ - Confidence & Assertive Skills For Women

Brooke Weston
Brooke Weston Academy
Coombe Road
Corby

NN18 8LA

Start Date: 23 February 2019
Start Time: 10:00
Day: Saturday
Weeks: 1
Hours: 6
Cost: F=£38.00; R=£14.90
Tutor: Ms Karren Bennett

Aims

To gain some useful tips to become more self confident.

Outcomes

- a) List characteristics of individual self confidence
- b) Recognise techniques to improve self confidence
- c) Write down two momentous occasions in your life when you have been proud of yourself
- d) Recognise how to change self limiting beliefs

How

Through tutor led discussions and group participation in individual and small group work, plus handouts.

Qualification

No

Bring

A pen and paper, drinks and a pack lunch.

Next Steps

Please see the adult learning program

Health and Safety

When you enrol, please let us know if you require additional personal support to participate in this course. Your tutor will give you information about Health and Safety on the first day. For information on how to keep safe online go to https://safety.lovetoknow.com/Internet_Safety_Adult and <https://takefive-stopfraud.org.uk/> national awareness campaign. To report suspected scams, or get help and advice about preventing scams call the Citizens Advice consumer helpline on 03454 04 05 06.

Information

If you are enrolled on, or considering enrolling for a course or qualification with us, we can signpost you to the National Careers Service. This can be helpful if you would like to progress to further learning and/or employment and would like support from a qualified National Careers Service adviser. For more information please email: CommunityLearning@firstforwellbeing.co.uk or call us on 01604 367 119.

