

# Wellbeing: Building Personal Confidence

## Course overview

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This workshop will help you to build and develop your confidence by understanding what confidence means for you and ways in which you can develop your confidence. We will cover techniques which, if used consistently, will help to develop your self-esteem; as well as tips for appearing confident in challenging situations.

## What will I study?

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You will:

- Discuss what it means to you to be confident
- Reflect on your barriers and what you feel is holding you back
- Discuss ways to develop confidence and self esteem and choose techniques which you can bring into your life
- Practice some of techniques introduced

## Assessment method

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- Throughout the course you will receive feedback from you tutor.
- Your tutor will encourage you in identifying and reflecting on personal changes.

## Entry requirements

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This course is open to all.

## What should I bring with me?

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You will need to provide your chosen method of note-taking such as notepad & pen or tablet.

## Key information

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## Possible next steps

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During this course, you will be given advice and guidance on other courses suitable for you and your personal goals

## Contact us

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Our friendly staff can give you further advice and support.



email: [adultcollegeenquiries@lbbd.gov.uk](mailto:adultcollegeenquiries@lbbd.gov.uk)



call: 020 8270 4722