

Course overview

Come and join us and develop the interpersonal skills you need to become more independent and interact more with your wider community.

This course will build your confidence around communicating with people other than your friends and family. It can be an important step to becoming a volunteer or getting into work. We will help you to feel more confident about everyday interactions that you can start to do for yourself. We will help you to build on your existing skills and provide opportunities for you to practice your skills and become more confident interacting with people you do not know.

What will I study?

- Identify which social situations you feel confident in and which you do not
- Developing your interpersonal communication skills
- Developing your confidence in new social settings and events
- How what we can do changes in different settings
- Ways to start a conversation
- Making independent choices

Assessment method

Your tutor will give you verbal and written feedback throughout the course. You will also take part in Q&A sessions and discussion to share and review ideas. You will also receive verbal feedback to build confidence making choices and decisions.

Entry requirements

You must be able to:

- Participate in class activities
- Work with others
- Follow instructions

What should I bring with me?

You will need to bring pen, pencil, ruler, paper and a folder to each lesson.

Key information

Possible next steps

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

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



call: 020 8270 4722