



Education & Skills
Funding Agency



HEALTH &
WELLBEING

CONFIDENCE WORKSHOP

COURSE SUMMARY:

This three-hour session will introduce you to skills for understanding and improving confidence and self-esteem. It will get you started on the journey towards identifying steps to improving your personal wellbeing.

ENTRY REQUIREMENTS:

- Aged 19 or over
- Able to take part in a discussion in a small group and to follow verbal prompts (via a signer or other communicator if required)



AWARD:
Unaccredited

WHAT WILL YOU DO ON THIS COURSE?

On this workshop you will begin to understand confidence and self-esteem and the impact this has on your personal wellbeing. You will begin to identify steps you can take towards improving your confidence and wellbeing. The aim of this workshop is for you to:

- ✓ **Begin to** develop an understanding of the impact that low confidence/low self-esteem can have on your personal wellbeing
- ✓ **Learn a** technique for improving personal wellbeing
- ✓ **Identify a** next step to continue your journey towards personal wellbeing

PROGRESSION FROM THIS COURSE:

After completing the workshop why not try our follow on 10 hour Confidence and Wellbeing course or alternatively our Stress Management workshop.



**REALISE
FUTURE-S**

Enhancing people's lives

THE GATEWAY TO LEARNING IN YOUR COMMUNITY