



Education & Skills
Funding Agency



LEARNING
IN FAMILIES

PERSONAL CONFIDENCE AND ASSERTIVENESS FOR PARENTS/CARERS

COURSE SUMMARY:

The course aims to enable you to explore issues around confidence, assertiveness and life management to help you make more informed life choices. This course usually runs over a period of 5 weeks (5 sessions of 2.5 or 3 hours).

ENTRY REQUIREMENTS:

- You can join this course if you are a parent/carer or grandparent who wants to build your confidence, self-esteem and communication skills in a range of social settings



AWARD:
Unaccredited

WHAT WILL YOU DO ON THIS COURSE?

- ✓ **Discuss ways of** building positive relationships with children. Consider your own and your children's personal barriers to being assertive
- ✓ **Identify techniques** to communicate your needs and requests with confidence and to share these with your children
- ✓ **Learn a range of** assertiveness techniques, review their effectiveness and be able to share these skills with your children
- ✓ **Practice a range** of stress-reduction techniques and be able to share them with your children
- ✓ **Set personal** goals for your future development

PROGRESSION FROM THIS COURSE:

We provide a wide range of courses that you can progress on to, for example:

- English or maths to gain a Functional Skills qualification
- English, IT or maths in a school setting
- Personal Confidence and Wellbeing Level 1/2
- Confidence and Stress Management Workshops



 **Suffolk**
County Council

**REALISE
FUTURE=S**

Enhancing people's lives

THE GATEWAY TO LEARNING IN YOUR COMMUNITY