

# Wellbeing: Building Your Self Confidence - online

## Course overview

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Sometimes life and circumstances knock our self-confidence, and we can be unsure how to build it back up. This short course will help you to identify ways in which you can build your confidence back up and feel more confident.

## What will I study?

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You will:

- Recognize that you are not alone in your feelings
- Identify where you think you lack confidence and where you feel you are alright
- Explore ways to improve how confident you feel
- Choose strategies you can practice to help you feel more confident

## Assessment method

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You will participate in discussions and Q&A as well as self assessment and reflection. You will receive verbal feedback from the tutor throughout.

## 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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Where possible this course will take place on site with social distancing measures in place. In the event of a lockdown, the course will take place online via MS Teams.

## Possible next steps

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Following the successful completion of this course, you will be supported to enrol on to other suitable wellbeing, CPD or other courses.

## 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