

Wellbeing: Building Your Confidence

Course overview

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

What will I study?

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

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

Entry requirements

This course is open to all.

What should I bring with me?

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

Key information

Possible next steps

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

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



call: 020 8270 4722