

LLDD Life Skills: Creative Expression II Personal Development

Course overview

Do you sometimes feel stuck? Do you feel like nothing changes but you would like things to be different? This course builds on Creative Expression I. You will use art and craft to help your personal development and growth. The course will help you to build your confidence and self esteem and work towards feeling less stuck.

What will I study?

You will:

- use art and craft you help you communicate and express yourself
- use art to help you work out how you feel about something
- see how other people have developed using art
- experience how expressing yourself through art helps you develop as a person

Assessment method

- Take part in classroom activities
- Take part in Q&A sessions and short discussions
- Your tutor will give you verbal and written feedback throughout the course

Entry requirements

You should be able to:

- participate in class activities
- work with others
- follow instructions

What should I bring with me?

An A4 folder, A4 notepad and a pen. Please wear old clothes.

Key information

Code	Date	Time	Location	Full Fee	Concessionary Fee
8707CP	Monday 4 January 2021 to Monday 29 March 2021	1pm to 4pm	Dagenham	£12	£12

Possible next steps

You will be supported to enrol on to other courses suitable for you, such as Personal Development through Drama, Relationships and Boundaries or other LLDD Health or Life Skills courses available at the college, following the successful completion of this course.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



call: 020 8270 4722