

## Course details

### Course title

Regaining Confidence and Self-esteem

### Course code

Q00012166

### Course date

Start: 12/02/25

End: 12/02/25

### Number of classes

1 sessions

### Timetable

Wed 12th Feb, 18:30 to 21:30

### Tutor

Kate Antoniou

### Fee range

Free to £11.10

### How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

### Venue

Online

## **Level of study**

Beginners

## **Course overview**

Do you ever feel unsure of yourself? Perhaps around new people or at job interviews? If so, this self-esteem course can help you build tools to face these situations with confidence. Low self-esteem can hold you back in all areas of life. Whether you'd like to build confidence to step back into education, meet new people, or change jobs, confidence-building courses can teach you essential tools to change your mindset. Learn how to build self-esteem and overcome obstacles that are holding you back. The first step in your journey is believing you can successfully complete this course! Many people are daunted by the prospect of looking for a job when they are over 50 - don't be join this course to find out how to do it with success.

## **Course description**

Confidence training teaches you how to ask yourself important questions and understand why your self-esteem is low. This is the first step towards changing your inner speech and boosting confidence. Learn techniques to motivate yourself and be more assertive. Do a variety of confidence-building exercises to help you in unfamiliar situations, these can include mock interviews and vocabulary expansion activities.

Confidence-building courses help you excel in personal and professional situations. By the end of this course, you will feel more comfortable talking to new people and taking part in interviews.

Depending on your needs, there are various study options after this course. You may consider a course in Assertiveness or Emotional Resilience. If you'd like to prepare to step back into learning, you might be interested in a Confidence to Learn course.

If you're not sure which course is right for you, your tutor can help you decide which options fit your preferences.

Please bear in mind that you'll need to have access to the internet to take this confidence course online. Communicate with your tutor and access learning materials through Canvas, the WEA's digital learning portal.

We're committed to helping you access and enjoy adult education. If there's something we can do to help you, we will.

## What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

## What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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