



## Course details

### Course title

Communicating with Confidence

### Course code

Q00021693

### Course date

Start: 30/04/25

End: 30/04/25

### Number of classes

1 sessions

### Timetable

Wed 30th Apr, 10:30 to 13:30

### Tutor

Janet Wilson

### Fee:

£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**

This micro course is designed for learners who want to improve their communication skills and build confidence in expressing themselves. On this short course you will explore techniques for clear and effective communication in different situations, including conversations, group discussions, and presentations. The course covers essential skills such as active listening, body language, and managing nerves when speaking. Through practical exercises and supportive feedback, you will gain the confidence to communicate assertively and positively in personal, professional, and community settings. This course is ideal for anyone looking to enhance their self-expression and build stronger connections with others.

## **Course description**

This micro course is designed to help you improve your communication skills and build confidence in expressing yourself effectively. Communication is an essential skill for building relationships, participating in group discussions, and sharing ideas, whether in personal, professional, or community settings. The course introduces practical tools and strategies to help you communicate clearly, confidently, and assertively.

You will explore techniques to manage nerves and maintain confidence in different situations, such as one-on-one conversations, public speaking, or group discussions. Through short, practical exercises you will have the opportunity to identify these skills in a supportive and inclusive environment.

By the end of the course, you will feel more confident in your ability to express yourself, actively engage in conversations, and communicate assertively while respecting others.

This course is ideal for anyone who wants to overcome barriers to effective communication, build stronger connections, and develop a confident presence in various settings. And you will leave with tools and tips you can immediately apply to everyday interactions.

## **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.

**Source URL:** <https://www.wea.org.uk/courses/skills-life/communication-skills/30-april-communicating-confidence>