



Course details

Course title

Confidence to Career: Building Skills for Work Success

Course code

P00000281

Course date

Start: 08/07/26

End: 29/07/26

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

Confidence to Career is a four-week programme designed to help learners build self-belief while developing essential employability skills. Through weekly two-hour sessions, learners will explore personal strengths, overcome barriers, and develop positive communication techniques that enhance confidence in real-life situations. Alongside this, the course introduces practical tools for job searching, CV writing, interview skills, and workplace expectations. Interactive activities, group discussions, and reflective tasks ensure learners feel supported as they grow. By the end of the programme, learners will feel more empowered, more prepared, and more confident in taking their next steps towards employment success.

Course description

Confidence to Career is a dynamic four-week programme designed to help individuals strengthen their self-belief while developing the practical employability skills needed to move into work with confidence and clarity. Delivered in weekly two-hour sessions, the course combines interactive activities, guided reflection, and real-world skill building to empower learners to take charge of their personal and professional development.

Throughout the programme, learners will explore what confidence means to them, identify personal strengths, and develop strategies to overcome common barriers such as self-doubt, low motivation, or fear of interviews. Engaging group discussions and supportive collaborative tasks help learners practice positive career development.

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