



Course details

Course title

Confidence for Creatives

Course code

Q00027287

Course date

Start: 07/09/26

End: 09/11/26

Number of classes

18 sessions

Timetable

Mon 7th Sep, 9:30 to 12:00

Mon 7th Sep, 12:30 to 15:00

Mon 14th Sep, 9:30 to 12:00

Mon 14th Sep, 12:30 to 15:00

Mon 21st Sep, 9:30 to 12:00

Mon 21st Sep, 12:30 to 15:00

Mon 28th Sep, 9:30 to 12:00

Mon 28th Sep, 12:30 to 15:00

Mon 5th Oct, 9:30 to 12:00

Mon 5th Oct, 12:30 to 15:00

Mon 12th Oct, 9:30 to 12:00

Mon 12th Oct, 12:30 to 15:00

Mon 19th Oct, 9:30 to 12:00

Mon 19th Oct, 12:30 to 15:00

Mon 2nd Nov, 9:30 to 12:00

Mon 2nd Nov, 12:30 to 15:00

Mon 9th Nov, 9:30 to 12:00

Mon 9th Nov, 12:30 to 15:00

Tutor

Nasim Akhtar

Fee range

Funding available - £360.00

How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

Venue

ADAB /Mosses Centre
Edward Street
Bury
BL9 0RZ

Level of study

E

Course overview

This course is funded by the Greater Manchester Combined Authority and is only available to residents living within the Greater Manchester Combined Authority area. Confidence for Creatives is a practical and reflective course designed to help you understand yourself, build essential employability skills, and grow as a confident creative thinker. Through activities such as the Shield of Life and exploring the 7 Elements of Society, you will identify personal barriers and consider how your life experiences shape who you are. You will develop key skills including communication, public speaking, problem-solving, and CV writing, while learning the importance of assertive behaviour. The course concludes with creating a visual representation of your core values, helping you understand their impact and how they guide your future.

Course description

Confidence for Creatives is a dynamic learning experience designed to empower individuals to understand themselves, build confidence, and develop practical skills for both personal and professional growth. Throughout the course, you will explore your own life journey through reflective activities such as the Shield of Life, helping you identify barriers that may be limiting your potential. You will examine the 7 Elements of Society to understand how external influences have shaped your identity, motivations, and ambitions.

The course builds your employability through hands-on practice in communication, CV development, public speaking, problem-solving, SWOT analysis, and action planning. You will learn the difference between passive, aggressive, and assertive behaviour, developing strategies to express yourself confidently and respectfully. Finally, you will create a visual representation of your core values, gaining insight into what drives you and how

these values can guide your pathway into future creative, academic, or professional opportunities.

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/confidence/7-september-confidence-creatives>