



Course details

Course title

Confidence Building

Course code

Q00027504

Course date

Start: 07/09/26

End: 09/10/26

Number of classes

10 sessions

Timetable

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

Fri 11th Sep, 9:30 to 12:00

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

Fri 18th Sep, 9:30 to 12:00

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

Fri 25th Sep, 9:30 to 12:00

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

Fri 2nd Oct, 9:30 to 12:00

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

Fri 9th Oct, 9:30 to 11:00

Tutor

Jane Perrin

Fee range

Funding available - £192.00

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

Whitehawk
Whitehawk Road
Brighton and Hove
BN2 5NS

Level of study

Beginners

Course overview

This course is funded by the Department for Education and only open to residents living in non devolved authorities. Confidence Building is a friendly, supportive course designed to help you feel more confident in everyday life and work. You will explore self-belief, communication skills, and practical ways to manage nerves and negative thinking. The course can be tailored to your goals—whether you are returning to work, preparing for interviews, starting a small business, or wanting to improve your self-esteem. You will take part in activities such as group discussions, goal setting, role play, and simple planning tasks. Step by step, you will build your confidence, share experiences, and celebrate your progress in a safe and encouraging environment. By the end of the course, you will leave with practical skills and a personal action plan to help you take your next steps.

Course description

Confidence Building is a supportive course designed to help you strengthen your self-belief and develop practical skills for everyday life, work, and personal goals. You will build communication skills, explore assertiveness, and practise finding your voice in a safe, encouraging space.

You will learn how confidence links to wellbeing, positive thinking, and managing change. The course helps you understand how your thoughts and feelings influence your actions.

Through discussions, simple activities, and real-life scenarios, you will explore practical ways to make confident decisions and positive changes. The course can support you if you are returning to work, preparing for interviews, starting a business, or wanting to improve your self-esteem.

By the end of the course, you will have tools, strategies, and a clearer sense of direction to help you move forward with confidence.

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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