



Course details

Course title

Building Confidence and Resilience

Course code

Q00028268

Course date

Start: 02/07/26

End: 02/07/26

Number of classes

1 sessions

Timetable

Thu 2nd Jul, 12:30 to 14:30

Tutor

Harsha Kotecha

Fee range

Funding available - £16.00

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

Phoenix House
1 King Street
Leicester

Level of study

Beginners

Course overview

Resilience is a set of skills which can be learnt and strengthened. This course enables you to practise and embed key skills, techniques, and habits that will help you meet life challenges and navigate transitions more smoothly. These include strategies to improve wellbeing, manage difficult feelings, and engage with others in a positive way. It is activity-based and interactive, with opportunities for discussion in small groups and the chance to discuss your experience of trying out techniques in your life.

Course description

This interactive short course teaches you that resilience is not something you either have or don't — it's a set of skills that can be learnt, practised and strengthened over time. Through hands-on activities, small group discussions and real-life reflection, you will explore key techniques and habits to help you meet life's challenges and navigate periods of change more smoothly. The course covers practical strategies to improve your wellbeing, manage difficult emotions and engage with those around you in a more positive way, with the opportunity to try out approaches in your own life and share what you discover along the way.

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/2-july-building-confidence-and-resilience>