



## Course details

### Course title

Communicating Confidently

### Course code

Q00028271

### Course date

Start: 01/07/26

End: 01/07/26

### Number of classes

1 sessions

### Timetable

Wed 1st Jul, 12:30 to 14:30

### Tutor

Monika Ryska

### 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

LE1 6RN

## **Level of study**

Beginners

## **Course overview**

This communication skills course helps learners feel more comfortable in conversations, meetings, or when speaking in public. If you struggle to find your voice or get your point across, this course can help. By the end of this course, you will have more resources at your disposal to help you communicate with confidence, even in unfamiliar situations. You may consider follow-on courses in assertiveness or emotional resilience.

## **Course description**

This practical short course helps you feel more comfortable and confident in the everyday situations that many of us find challenging — whether that's speaking up in conversation, contributing in meetings or addressing a group. If you sometimes struggle to find your voice or get your point across, this course gives you a range of accessible tools and techniques to draw on, helping you communicate more clearly and confidently even in unfamiliar situations. By the end, you will leave with greater self-assurance and a stronger foundation to build on, with the option to explore follow-on courses in assertiveness or emotional resilience.

## **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/1-july-communicating-confidently>