



Course details

Course title

Communicating Confidently

Course code

Q00028319

Course date

Start: 23/06/26

End: 30/07/26

Number of classes

12 sessions

Timetable

Tue 23rd Jun, 9:30 to 12:00

Thu 25th Jun, 9:30 to 12:00

Tue 30th Jun, 9:30 to 12:00

Thu 2nd Jul, 9:30 to 12:00

Tue 7th Jul, 9:30 to 12:00

Thu 9th Jul, 9:30 to 12:00

Tue 14th Jul, 9:30 to 12:00

Thu 16th Jul, 9:30 to 12:00

Tue 21st Jul, 9:30 to 12:00

Thu 23rd Jul, 9:30 to 12:00

Tue 28th Jul, 9:30 to 12:00

Thu 30th Jul, 9:30 to 12:00

Tutor

Sroop Raghbir Kaur Singh

Fee range

Funding available - £240.00

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

Somerstown Central Community Hub (Souths
Rivers Street
Somerstown
Southsea
PO5 4EY

Level of study

Entry Level

Course overview

This course empowers you to express ideas clearly and assertively in any setting. Through practical strategies and interactive exercises, you'll learn how to overcome communication barriers, build self-assurance, and engage others effectively. Topics include active listening, body language, tone, and managing challenging conversations. By the end, you'll have the tools to communicate with confidence, enhance relationships, and achieve professional and personal goals.

Course description

Confident communication is essential for building trust, influencing others, and achieving success in both personal and professional settings. This course is designed to help you develop the skills and mindset needed to communicate with clarity, confidence, and impact. Through a blend of theory, practical exercises, and real-life scenarios, you will learn how to express your ideas effectively, listen actively, and adapt your communication style to different audiences and situations.

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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