



Course details

Course title

Building Confidence and Resilience - Taster

Course code

Q00028352

Course date

Start: 03/07/26

End: 03/07/26

Number of classes

1 sessions

Timetable

Sat 4th Jul, 13:00 to 15:00

Tutor

Fiona Mitchell

Fee range

Funding available - £16.00

How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

Venue

Online

Level of study

Entry Level

Course overview

This course is funded by the York and North Yorkshire Combined Authority and is only available to residents living within the York and North Yorkshire Combined Authority area. Building Confidence and Resilience – Online Taster Session Duration: 2-hour online workshop Who it's for: - Anyone new to learning - Those interested in personal development - No prior experience required What to expect: - Friendly, supportive and interactive session - Activities, guided reflection and group discussion - Opportunity to connect with others across York & North Yorkshire What you'll learn: - How to build self-confidence and resilience - Recognise personal strengths and everyday challenges - Simple techniques to manage stress and stay positive - Practical tools such as goal setting and positive thinking Benefits: - Boost your wellbeing and self-belief - Gain confidence in everyday situations - Take away practical strategies to use straight away - Explore next steps into further learning

Course description

This 2-hour online taster session offers a friendly and practical introduction to building confidence and resilience. Designed for anyone looking to boost their wellbeing and self-belief, the session provides a supportive space to explore personal growth in an accessible, informal setting.

Taking part online, you will engage in a range of guided activities and discussions that help you reflect on your experiences and recognise your strengths. You'll learn simple, effective strategies to manage stress, challenge negative thinking, and develop a more positive and balanced outlook. Techniques such as goal setting, self-reflection, and building small, achievable habits will be introduced.

The session is interactive and inclusive, with opportunities to contribute as much or as little as you feel comfortable. You'll also benefit from shared experiences, gaining encouragement and ideas from others in the group.

By the end of the workshop, you will have practical ideas to support your confidence in daily life and a clearer understanding of how resilience can help you manage challenges. You'll also gain insight into how further learning could support your personal development journey.

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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