



Course details

Course title

Communicating Confidently (2-Hour Online Taster)

Course code

Q00028355

Course date

Start: 10/07/26

End: 10/07/26

Number of classes

1 sessions

Timetable

Fri 10th Jul, 13:00 to 15:00

Tutor

Hannah 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

Beginners

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. Communicating Confidently (2-Hour Online Taster) - Introduction to confident communication and its impact - Recognising personal communication strengths and challenges - Quick techniques to manage nerves and build confidence - Structuring clear and concise messages - The basics of active listening and effective responses - Using tone, body language, and presence in virtual settings - Introduction to assertive communication - Speaking up in meetings and group discussions - Practical exercises and live practice opportunities - Tips for applying confident communication in everyday situations

Course description

Communicating Confidently – 2-Hour Online Taster is a practical, interactive introduction to building confidence in the way you speak and engage with others. Designed as a short, accessible session, this course provides simple yet powerful techniques that can be applied immediately in both professional and social settings.

Participants will explore the key elements of effective communication, including clarity of message, active listening, and the impact of tone and body language in a virtual environment. The session focuses on helping individuals recognise their own communication style while introducing strategies to speak more clearly, assertively, and with greater confidence.

Through guided exercises and discussion, learners will gain tools to manage nerves, organise their thoughts, and contribute more comfortably in meetings and everyday conversations. The course also provides a safe space to practise new approaches and build self-assurance in a supportive group setting.

By the end of the session, participants will leave with increased confidence, practical communication techniques, and clear ideas they can immediately apply to improve how they connect and communicate with others.

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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