



Course details

Course title

Confidence Building

Course code

Q00028837

Course date

Start: 21/09/26

End: 12/10/26

Number of classes

10 sessions

Timetable

Mon 21st Sep, 9:30 to 12:00

Tue 22nd Sep, 9:30 to 12:00

Fri 25th Sep, 9:30 to 12:00

Mon 28th Sep, 9:30 to 12:00

Tue 29th Sep, 9:30 to 12:00

Fri 2nd Oct, 9:30 to 12:00

Mon 5th Oct, 9:30 to 12:00

Tue 6th Oct, 9:30 to 12:00

Fri 9th Oct, 9:30 to 12:00

Mon 12th Oct, 9:30 to 12:00

Tutor

Daniella Anderson

Fee range

Funding available - £200.00

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

WEA London Office (London)
4 Luke Street
London
EC2A 4HB

Level of study

Entry Level

Course overview

This course is funded by the Greater London Combined Authority and is only available to residents living within the Greater London Combined Authority area. This course supports adults returning to education by building confidence, resilience, and essential learning behaviours. Learners will explore growth mindset, time management, independence, health and wellbeing and communication skills. Through interactive activities, reflection, and goal setting, learners will develop self-awareness and readiness for future study. Flexible modular units allow learners to focus on areas most relevant to their needs, creating a personalised pathway to success. Ready to Learn empowers learners to thrive in modern learning environments with confidence and purpose.

Course description

This course is designed for adults returning to learning who want to rebuild confidence, strengthen essential study skills, and develop positive habits for successful education or training. Through a practical and supportive approach, the course introduces key themes such as growth mindset, effective time management, independent study skills, communication, and personal wellbeing. Learners will explore simple, achievable strategies to overcome common barriers, manage everyday commitments, reduce stress, and build resilience. The aim is to help each learner feel more in control of their learning journey and better equipped to succeed.

Throughout the course, learners will take part in guided self-reflection and goal-setting activities to recognise their strengths and identify areas for development. You will be encouraged to think about how you learn best, how to stay motivated, and how to balance study with work, family, and other responsibilities. By the end of the course, you will have created a personalised action plan that outlines your next steps and supports your progression. Whether you are hoping to move into further education, training, volunteering, or employment, this course offers the tools, mindset, and confidence you need to take that next step with assurance and clarity.

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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