



Department for Education



**HEALTH &
WELLBEING**

CONFIDENCE AND WELLBEING

COURSE SUMMARY:

This course aims to help you develop a greater understanding of barriers to your confidence and personal wellbeing. You will learn skills to support you in building your confidence and self-esteem and identify steps to take towards improving your general sense of wellbeing.

ENTRY REQUIREMENTS:

- Aged 19 or over and want to improve your confidence
- Able to take part in a discussion in a small group and to follow verbal prompts (via a signer or other communicator if required)



AWARD:
Unaccredited

WHAT WILL YOU DO ON THIS COURSE?

On this course you will develop your understanding of how confidence and self-esteem impacts your wellbeing. You will explore ways to build confidence and self-esteem and identify steps you can take towards improving your personal wellbeing. During this 10 hour course you will:

- ✓ **Explore the meaning** of confidence and self-esteem and how this impacts on personal wellbeing
- ✓ **Understand your** barriers to confidence and self-esteem
- ✓ **Explore how we** behave in different situations and begin to understand how this affects our confidence and self-esteem
- ✓ **Learn ways to** build confidence and self-esteem
- ✓ **Identify next steps** towards continuing your personal development towards improving your day-to-day wellbeing

PROGRESSION FROM THIS COURSE:

This course will help you to build your confidence and identify your next steps. Your tutor will support you to identify and enroll on a progression course with Realise Futures or will signpost you to other progression routes.



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