

Introduction to Personal Development, Confidence Building and Self-Esteem

Course Overview

This non-accredited course is delivered at the City Skills Centre and takes place each Thursday from 9:45am to 12:15pm over 9 weeks, starting on 19 November and finishing on 28 January 2027. This course is designed as an introduction to some of the skills needed to make positive changes in your life, increase confidence, and improve self-esteem.

What you will learn

During this course you will learn the following:

- How to set achievable goals
- Improve your communication skills
- Develop your Teamwork skills
- Develop some strategies to increase assertiveness.
- Develop some effective strategies and techniques to build and strengthen resilience.
- Explore some strategies and techniques to enhance learning opportunities
- Learn simple but effective techniques to reduce stress and anxiety, develop relaxation, calmfulness and tranquillity through gentle and adaptive meditation and visualisation.
- Apply some mindful and positive thinking strategies and techniques to help you achieve your goals.

Entry Requirements

This course is designed as an Introduction to Personal Development and is suitable for those who have not previously completed a personal development course, as well as those who wish to make positive changes in their lives and build confidence. You must be aged 19 or over and be able to complete a short workbook each week with support from your tutor.

Course Fees

The cost of the course is £90.00. However, you will not be required to pay a fee if you are in receipt of one of the following benefits:

- Universal Credit
- Job Seekers Allowance (JSA)
- Employment Support Allowance (ESA - Employment and Support Allowance Work Related Action Group)

There will be no fees if your annual income is less than £26,800.

Course Progression

You can only complete this course once. On completion of this course, you may progress onto our Personal Development, Confidence Building and Self-Esteem Improvers course or one of our other Adult Engagement and Progression courses. Your tutor will discuss the various progression routes available to you and provide advice on your next steps. You can also access support from the College Careers Team to help with your progression.

What Happens Next

Apply online via the College website. You will be contacted to attend an interview if required or sent a conditional offer according to the course's entry requirements. You will then be invited to enrol for your chosen course.

Course Details

Course Code	P00449
Start Date	20/11/2025
Study Hours	Part Time
Duration	9 weeks
Campus	City Skills Centre
Level	Other

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