

Be the Best you: Finding your inner confidence

Course Code

WEL/CONFI/25/1/K

Time and duration

Start Date: 04 November 2025

Start Time: 09:30

Weeks: 6

Location

Kingsway Learning Centre

Victoria Road

Widnes

WA8 7QY

Description

Explore your strengths, set personal goals and learn strategies to improve your self-esteem and interpersonal skills.

Understand the concept of personal confidence and self awareness

Identify personal strengths and areas for development

Set realistic and achievable personal goals

Develop strategies to build confidence in everyday situations

Cost

This course is free

Eligibility

Eligibility criteria applies