



Confidence Building

What is the course about?

The course is about positive thinking. It aims to make you more aware of your own capabilities, to increase your ability to communicate with other people, to be more assertive, to be aware of existing opportunities, and make achievable plans for the future.

What will I learn?

- to take more part in social activity
- to put things into words
- to be more assertive
- to be aware of your own skills and capacities
- to get organised
- to make decisions about the future

Entry Requirements

None

What will I need to bring with me?

Everything required will be provided. Just bring a pen.

How will I learn?

By discussion: speaking and listening, and a variety of group activities.

How will my learning be assessed?

Regular evaluations will take place within the group about how you are getting on and how you feel about the course.

What qualifications will I get?

None. A REMIT certificate can be issued if wished.

Are there any extra costs?

No.

What can I do next?

Take part in other REMIT activities, progress to other adult education courses.