

# Course Information Sheet



## Course Code and Name: GL0051698 Finding Confidence

**Venue:** The Vibe  
Kingshill Road  
Dursley  
GL11 4BJ

**Start Date:** 19 February 2019  
**End Date:** 19 March 2019  
**Day:** Tuesday  
**Time:** 14:00 to 16:00  
**Weeks:** 5

**Tutor:** Ian Cooper

**Course Provider:** Adult Education in Gloucestershire

### Course Summary:

We all have something we are proud of, but sometimes we need an extra push to recognise our own inner strengths. This 5 week course will help you explore your personal presentation and impact; your personal goals and planning; effective use of your time; your unique selling point; and working effectively as part of a group.

### Eligibility:

Learners must be over 19 on the 1st August of the academic year they start their learning. Note: if not ordinarily resident in UK for 3 years (Please speak to a member of staff to confirm eligibility for funding).

### How will the course be taught?

Learning will take place in small friendly classes using, individual and group work, demonstration, discussion and using a variety of practical activities

### How will I know how well I am doing?

You will follow your own individual learning plan with progress recorded by tutors and yourself.

### Prior Knowledge:

No prior knowledge required.

### What do I need to bring?

All materials needed will be provided by the tutor.

### How do I join the course, or find out more?

If you are interested, please contact us by telephone 0800 542 1655 or email [learn@gloucestershire.gov.uk](mailto:learn@gloucestershire.gov.uk)

### Cost:

Free to eligible learners

### What course can I do next?

Kudos; Employability courses; CV writing; Interview techniques

### Information and Advice for Progression:

Advice will be given on an individual basis throughout the course. Please contact your tutor for information about suitable progression routes

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**Health and safety:**

All of our venues undergo a health and safety audit on a regular basis. The tutor will advise on health and safety guidelines at the beginning of the course, these guidelines will be followed throughout the course.

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**Further information:**

For all enquiries regarding this course please contact 0800 542 1655