

WEA Course Information Sheet 2017-18



Course title: BBO Money Sorted in D2N2: Building Confidence		Course ID: C2339925
Start date: 07/06/2018	End date: 28/06/2018	Day(s)/time(s): Thu 10:30
Number of sessions: 4	Hours per session: 2	Tutor: Lorna Poole
Additional hours:	Specific funder/partner requirements: Session is only for participants engaged on the BBO project called Money Sorted in D2N2 as funds are paid for by Big Lottery and ESF. If you are interested in joining the project, please go to http://moneysortedind2n2.org/ to find out more.	
Awarding body (if any): Title of qualification to be gained:		Level: Entry 1
Fee: £.00 or Free if you are in receipt of an income related benefit (only SFA funded) Accreditation Fee (if applicable):		
Venue: Advicehub - Mansfield Citizens Advice, 16 Regent Street, Mansfield, Nottinghamshire, NG18 1SS		
Theme(s): The WEA has four themes it uses for planning its provision. Employability – helping students to get a job or to make progress in their employment Health and Wellbeing – making a positive contribution to their own or others health and wellbeing Community Engagement – encouraging students to be positively involved in their communities Culture – learning about diverse cultures, identities and environments The Theme(s) used in planning your course is/ are: 1. Employability 2. Health and Wellbeing		

Course Aim

Students will increase their confidence through recognising positive personal qualities, acknowledging barriers to confidence and how these might be overcome and discussing a range of assertiveness / confidence building techniques.

Course Description

This course will allow students to increase their confidence in a supportive group environment through encouraging them to recognise positive personal qualities, as well as looking at barriers to confidence and how these might be overcome. Students will also discuss assertiveness techniques, as well as other confidence building techniques such as mindful breathing.

Do I need any particular skills or experience?

- No skills or experience needed

What will I achieve?

By the end of the course I will be able to:

1. Recognise positive personal qualities
2. Describe at least three barriers to confidence

3. Identify confident / assertive body language and speech
4. Identify positive methods for dealing with stressful situations

What teaching methods will be used and will there be work outside of the class?

- The WEA tutor will use a range of different teaching and learning methods and encourage you and the group to be actively involved in your learning

What kind of feedback can I expect from the tutor?

- A range of informal activities will be used by the tutor to see what you are learning which may include quizzes, question and answer, small projects and discussion
- You will have opportunities to discuss your progress with your tutor

What else do I need to know? Is there anything I need to bring?

- Nothing else is needed

Pre-course work, reading and information sources

- No pre reading or pre course work is required

Possible next steps after this course including career opportunities if appropriate

- Progress to another WEA course
- Progress to a course with another provider
- Become involved with the WEA in a range of voluntary work and other activities including campaigning as a WEA member

You can read about your entitlements and responsibilities as a WEA student in our leaflet, Student Handbook here <http://www.wea.org.uk/learn-wea/student-support> This includes information on fees, learning support and financial support. As part of your course you accept a Learning Agreement. Full details of the Learning Agreement can be found on our website at <http://www.wea.org.uk/about-us/policies>. This applies to all courses you take in this academic year.

You can enrol online for some courses <http://www.wea.org.uk/learn-wea/course-search> or contact: WEA Support Services, Suite 10B Joseph's Well, Hanover Way, Leeds, West Yorkshire, LS3 1AB Tel: 0300 303 3464 Email: courseenquiries@wea.org.uk

