

Course Outline and Details

| | | | | |
|--------------------------|-----------------|-------------------|-------------------------|--|
| Course Code | CL62347A | Title: | Good to be me | |
| Time and duration | | Location | | |
| Start Date: | 05 June 2024 | Aveley Family Hub | | |
| Start Time: 12:30 | End Time: 14:30 | Stifford Road | | |
| Start Day: | Wednesday | Aveley | | |
| No. of Lessons: | 5 | | | |
| No. of Weeks: | 5 | Essex | | |
| Total No. of Hours: | 10.00 | RM15 4AA | E: tacc@thurrock.gov.uk | |

Description

This course will help improve your communication, assertiveness and stress management skills in a relaxed and supportive environment. You will explore and identify ways to increase and improve your confidence and self-esteem.

Entry Requirements

E3 or above.
Suitable for anyone with good mental health who wants to improve their confidence or self-esteem.

Term Dates

Our courses are ESFA subsidised and we have to meet funding rules on attendance. Learners are asked to book any holidays outside of course dates.

For an updated list of term dates please visit: <https://tacc.ac.uk/term-dates/>

Learning Outcomes

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

- * Develop confidence and self-esteem within a structured and supported learning environment
- * Enhance communication skills in order to increase confidence and gain more control
- * Recognise the benefits of being assertive and examine friendship, guilt and criticism in a supportive environment
- * Develop skills to feel more positive and to recognise personal achievements and qualities
- * Recognise stress indicators and ways to reduce stress
- * Attribute a greater importance to our own wellbeing and personal development
- * Looked at ways to take responsibility for your own health and wellbeing and identified areas to concentrate on to improve these areas.

Resources/Equipment

We advise you not to purchase anything before your lesson as we are unable to refund the cost of these in the event a course is cancelled.

Notepad and pen

Assessment (e.g examinations, portfolio)

Practical observation, one to one, and group discussions

Progression

Other Wellbeing courses.

Health/Medical Conditions

Please advise your tutor of any medical or health issues that may impact on your learning or your safety whilst attending the college.

The College wants to make sure every learner has the best chance to achieve their full potential. If you need any help or support on your course, and you have not told us already, please speak to your tutor or email TACC@thurrock.gov.uk and a member of staff from our Learner Experience Team will contact you. Everything you tell us is in confidence and we will only use this to help you on your course.