

Course Outline and Details

Course Code TL6017Y24

Title: Good to be Me

Time and duration

Start Date: 22 April 2025

Start Time: 09:30 End Time: 11:30

Start Day: Tuesday

No. of Lessons: 5

No. of Weeks: 5

Total No. of Hours: 10.00

Location

TACC within OCH

The Old Courthouse

Orsett Road

Grays

Essex

RM17 5DD

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.

What will I learn?

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.

During 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.

Entry Requirements

None

What do I need to bring?

Your tutor will let you know at the first session what you will need to provide for the course. We advise you not to purchase anything before your first lesson as we are unable to refund the cost of these in the event of a course is cancelled.

You will need to bring the following to each session:

- Pen, pencil, ruler
- Note paper/pad
- Folder for handouts and notes

What support is available?

You can arrange to see an information, advice, and guidance (IAG) advisor for career guidance and support.

The Discretionary Learning Support Fund (DLSF) can be used to help with travel costs and other expenses, our Learner Experience Team can support you with your application.

If you require any additional support or have any special requirements that you have not already told us about, please inform us as soon as possible by emailing: TACC@thurrock.gov.uk a member of our Learning Support team will contact you to talk about these confidentially.

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

What is expected from me?

We expect all our learners to partake fully in all sessions and to enjoy themselves. Please be on time for all sessions and if you cannot make your class, please contact your tutor or the college

Key dates

Courses run mainly from September to February or February to July.
No sessions will take place during college holidays.

Additional information

If any part of this course is online; access to a computer or laptop which uses Google Classroom, would be essential. Learners may have the option to loan a Chromebook for the duration of the course, please discuss this with your tutor at the start of your course.

What can I do next?

We have a wide and varied range of classes at Thurrock Adult Community College and with our partners across the borough. Your tutor will be able to advise of other sessions, but also check out our college website and social media pages for new and exciting courses throughout the year.

We are also able to offer English, maths, Digital Skills and Employability at a wide range of levels to meet individual needs.

We can offer our Family Learning courses in partnership with community organisations across the Borough, so please let us know if this would be of interest.