

Course Outline and Details

Course Code TL7053Y24

Title: Confidence through Mindfulness

Time and duration

Start Date: 09 May 2025

Start Time: 10:00 End Time: 12:00

Start Day: Friday

No. of Lessons: 6

No. of Weeks: 6

Total No. of Hours: 12.00

Location

TACC within OCH

The Old Courthouse

Orsett Road

Grays

Essex

RM17 5DD

E: tacc@thurrock.gov.uk

Description

This course is a follow-on from the Confidence and Self-Esteem introductory course, designed to deepen your personal development journey. You will build on foundational confidence skills and explore practical tools for mindfulness, meditation, and creative self-care.

Entry Requirements

Completion of the Confidence and Self-Esteem introductory course or equivalent experience in personal development.

Learning Outcomes

This course is a follow-on from the Confidence and Self-Esteem introductory course, designed to deepen your personal development journey. You will build on foundational confidence skills and explore practical tools for mindfulness, meditation, and creative self-care.

Topics include:

Strengthening internal confidence

Mindfulness & guided meditation

Emotional resilience

Self-nurturing habits

Creating your own Jar of Joy filled with notes of gratitude and affirmations

Resources/Equipment

All resources are provided.

You may wish to bring the following:

- * Pen
- * Notebook or journal;
- * Willingness to explore and reflect

Progression

Other Tailored Learning workshops/courses.

Further courses at TACC (www.tacc.ac.uk)

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.