

## Course Outline and Details

<b>Course Code</b>	TL6005Y25	<b>Title:</b>	Building Confidence & Self Esteem
<b>Time and duration</b>		<b>Location</b>	
Start Date:	04 December 2025	Grays Area	
Start Time: 12:30	End Time: 14:30	Grays Area	
Start Day:	Thursday		
No. of Lessons:	3	Grays	
No. of Weeks:	3	Essex	
Total No. of Hours:	6.00	RM17 5DD	E: tacc@thurrock.gov.uk

## Description

Build confidence and self-esteem in this 5-week adult course at Thurrock Adult Community College — a supportive space to grow self-belief, communication skills, and personal resilience.

## Entry Requirements

None - Skills scan not required

## Learning Outcomes

This 3-week interactive course is designed to help learners develop self-confidence, overcome self-doubt, and embrace a positive self-image. Through guided discussions, practical exercises, and real-world applications, learners will build the skills necessary to sustain confidence beyond the course.

By the end of this course, learners will:

Understand the foundations of confidence and self-esteem.

Learn strategies to challenge negative self-talk.

Develop resilience against self-doubt and criticism.

Learn to accept praise and positive feedback.

Build a sustainable action plan for lifelong confidence

## Resources/Equipment

All resources are provided.

You may wish to bring the following:

- \* Pen
- \* Note paper

## Progression

Other Tailored Learning workshops/courses.  
Further courses at TACC ([www.tacc.ac.uk](http://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](mailto: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.