

## Course Outline and Details

<b>Course Code</b>	TL6012Y25	<b>Title:</b>	Confidence through Mindfulness
<b>Time and duration</b>		<b>Location</b>	
Start Date:	22 April 2026	Grays Area	
Start Time: 18:30	End Time: 20:30	Grays Area	
Start Day:	Wednesday		
No. of Lessons:	5	Grays	
No. of Weeks:	5	Essex	
Total No. of Hours:	10.00	RM17 5DD	E: tacc@thurrock.gov.uk

## Description

A supportive 5-week course at Thurrock Adult Community College helping adults grow in confidence through mindfulness practices and a single reflective craft activity. Although this Wellbeing course is free there is a £3 non -refundable art resource cost attached.

## 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](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.