

Skills for Life and Work

Building Confidence and Motivation

What are the entry requirements?

No formal qualifications are required to study this course. A willingness to learn is essential.

Need more information?

You can find out more about Northern College and the courses on offer by calling us on 01226 776000 or emailing us courses@northern.ac.uk

Course description

On this interactive course, you will explore and identify skills and qualities of confidence and assertiveness. You will work with other students on tasks that will allow you to identify and develop these skills. You will also explore how your own thoughts and feelings affect your behavior. You will move on to look at motivation, including what motivates people to do things and what doesn't. Our other complimentary course in this area is Exploring Speaking and Presenting Yourself - why not apply to both now.

What can this course lead to?

Apply for our other course in this area 'Exploring Speaking and Presenting Yourself' now. You can also progress to: Level 1 Interpersonal Skills

Want to learn more?

You can find out more about Northern College and the courses on offer at one of our Open Events [<https://www.northern.ac.uk/open-events/>]

Location

1-Onsite

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