



New College Swindon

ADULT & PROFESSIONAL



CONFIDENCE AND MOTIVATION COURSE

FREE COURSE*#

Want to feel and look confident? Want to think positively and be in control out of your comfort zone? Want to get people to listen to you? This confidence course will show you how.

The course will cover how to:

- Come across with real confidence
- Believe in yourself, think positively and feel motivated
- Tackle feelings of shyness and overcome nerves
- Speak up in group situations and get people to listen.
- Have the courage to do the things you want to do.

This course is delivered at our site in Swindon town centre (2 minutes from main Bus & Train stations) and free to those aged 19 and over (before September 2022) and who have been a resident in the UK or EU for the last 3 years.

Participants must be able to commit to all 3 days.

WEDNESDAY 26TH, THURSDAY 27TH & FRIDAY 28TH MARCH 2025

9:30am - 2:30pm

Available to those aged 19 and over (before September 2024) and who have been a resident in the UK or EU for the last 3 years.

*Free course available to those who meet government funding rules and are in receipt of Universal Credit AND unemployed AND earn less than £892 per month (individual claim) OR earn less than £1437 per month (household claim) but not in a work related activity group, ESA (not in WRAG), Council Tax Support, Housing Support, Income support or the unwaged dependent of someone receiving Working Tax Credit with a household income of less than £25,000.00.

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For those that don't meet the free course eligibility criteria a fee will be payable to attend

TO ENROL OR FOR FURTHER INFORMATION PLEASE CONTACT THE CENTRE ON

T: 01793 511 665 Ed Browne. T: 07854450009 E: AEC@newcollege.ac.uk

www.facebook.com/NewCollegeAdultEducationCentre

NEW COLLEGE ADULT EDUCATION CENTRE Focal Point, 27-35 Fleet Street, Swindon SN1 1RQ