

Online Course

Growing in Confidence

A positive and supportive course which will explore several ways of improving personal confidence and wellbeing using practical activities and group and paired discussions.

The course will be inspiring and also a lot of fun!

Start Date / Time

Tuesday 2 November 2021
2.00 pm – 4.00 pm
for 8 sessions

Course reference

C3679802

Online Course

FREE course

To enrol please quote the course reference either online at enrolonline.wea.org.uk or by ringing **0300 303 3464**

wea.org.uk

Confidence Building



The WEA is a charity registered in England and Wales (no. 1113775) and in Scotland (no. SC039239).



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