

## Confidence and Resilience Workshop

Location	Offsite
Course Type	Adult
Department	Human Resources
Start Date	Tuesday 23rd July 2024
Duration	Part-time, 0 Weeks
Time	09:30 - 16:30
Fee	£ 16.25 You may be eligible for support with your tuition fees - please visit the college website - funding and finance page for further information
Course Code	XPQ-CYXZ-1180

## Course Overview

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Group Confidence and resilience sessions: to cover tools and strategies to bolster their self-assurance and mental wellbeing during their job search journey. Through interactive discussions, they learn techniques to manage stress, overcome setbacks, and maintain a positive outlook amidst challenges. These sessions focus on building self-esteem, setting realistic goals, enhancing communication skills, and cultivating a resilient mindset essential for navigating the ups and downs of the job market. Ultimately, attendees emerge equipped with renewed confidence and resilience, empowering them to persevere and succeed in their employment pursuits.

This course will be held at Heron House, Wellington Street, Stockport.

## Progression

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CV and Interview technique sessions.

## Career Options

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To build your confidence to pursue the career path.

## Contact Details

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For further information please contact T: 0161 886 7070 or E: [info@trafford.ac.uk](mailto:info@trafford.ac.uk)

## Disclaimer

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Although every care has been taken to ensure that the information contained within this document is accurate, there may be changes to this programme and provision. We will endeavour to keep prospective and current students updated where appropriate and when the information becomes available.