

## Empowerment Journey

Location	Offsite
Course Type	Adult
Department	Health & Social Care
Start Date	Monday 27th January 2025
Duration	Part-time, 5 Weeks
Time	10:30 - 12:30
Fee	£ 25.00 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-1320

## Course Overview

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An empowerment journey is an experience that involves building confidence and resilience, enabling individuals to navigate life's challenges with courage and determination.

It begins with acknowledging one's worth and embracing self-belief, fostering a deep sense of confidence that serves as a foundation for personal growth. Along this journey, individuals develop resilience, learning to adapt and bounce back from setbacks, failures, and adversities.

Building resilience involves cultivating a positive mindset, embracing change, and viewing challenges as opportunities for learning and growth.

Ultimately, this journey not only transforms individuals but also empowers them to uplift others, creating a ripple effect of confidence and resilience within their communities.

The venue for this course is Broomwood Community Centre, Mainwood Rd, Timperley, Altrincham WA15 7JU

## Course Requirements

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Participants are not required to possess any previous knowledge or expertise. We welcome individuals with a genuine enthusiasm for the subject and a willingness to actively engage and contribute.

## What You Will Learn

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Along this journey, individuals develop resilience, learning to adapt and bounce back from setbacks, failures, and adversities.

## Assessment

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There will be no formal assessment.

## Progression

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Upon completion of the course Students may wish to progress onto another leisure/community course.

A variety of leisure and community courses are offered for your enrolment, including but not limited to:

Hair and Media Make-up

Health and Social Care

Art and Design

Languages

Childcare and Education

Counselling

Digital Skills

Hospitality and Catering

## Career Options

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Completing a course in Building Confidence and Resilience can have a positive impact on your personal development and open up various career options. These skills are valuable in many professional settings, as they contribute to improved communication, problem-solving, and adaptability. Here are some career options you might consider after completing such a course:

Life Coach

Mental Health Counsellor

Career Coach

Training and Development Specialist

Youth Counsellor or Mentor

Social Worker

Teacher or Educational Support

Therapist or Psychologist

Social Entrepreneur

Wellness Coach

Remember that the skills of confidence and resilience are transferable and can be applied to various careers and life situations. Additionally, consider that some of these roles may require further education, certification, or specialised training depending on the specific career path you choose to pursue.

## Mandatory Units

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There are no mandatory units.

## 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.