



# # Life Hacks for more Confidence

NB. This picture is for illustration purposes only

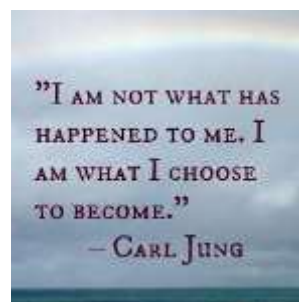
## What is this course about?

Do you wonder how to get rid of fear and self doubt?

Do you feel stuck and want to move on in life?  
If you answered yes to any of these then this course is for you!

## Topics include:

- learn what your strengths are and how to focus on them
- learn simple yet powerful ways to overcome fear and self doubt.
- learn how to forgive yourself for your past mistakes and deal with failure in a new way so that it is no longer scary.



## How will I learn?

The course is fun, informal, interactive and gives you lots of simple tricks on how to be more confident and move on in your life. There will be practical examples based on life experiences to provide a greater understanding of how to make change happen. To enhance your learning we will provide you with an individual learning plan to enable you to record your progress and achievement. This will be yours to keep and will act as your own personal reminder between classes as well as once your course has finished.

## What materials will I need?

You may find a notebook and pen useful

Please see page 2

[www.warwickshire.gov.uk/adultlearning](http://www.warwickshire.gov.uk/adultlearning)

### Course costs

For further information regarding fees, concessions and refunds, please see our website

[www.warwickshire.gov.uk/adultlearning](http://www.warwickshire.gov.uk/adultlearning)

Alternatively, contact your local area office for further advice.

### Payment methods

We can accept payments by **cash, cheque** (made payable to Warwickshire County Council) **and as of September 2018 we are able to accept card payments**. In order to claim any fee concessions, please bring in proof of eligibility when enrolling.

### Attendance

In order to get the most out of your course you will need to attend every week. If you know you are going to miss several sessions e.g. because of holiday, please talk to a member of staff before enrolling.

### Do you have an additional support need?

There are many ways in which you can receive help with your learning.

If you feel you may need additional assistance please contact us before enrolling to discuss your requirements.

**For further information please contact:**

**01926 738978 (Leamington Spa) [aclsouth@warwickshire.gov.uk](mailto:aclsouth@warwickshire.gov.uk)**

**02476 353065 (Nuneaton) [aclnorth@warwickshire.gov.uk](mailto:aclnorth@warwickshire.gov.uk)**

**01788 552933 (Rugby) [rugbyacl@warwickshire.gov.uk](mailto:rugbyacl@warwickshire.gov.uk)**

In line with Government and Warwickshire County Council policy, Adult and Community Learning have a responsibility to raise awareness regarding safeguarding, the Prevent Strategy and Fundamental British Values. This information will be provided at your first session.