

Confidence Building for Employment & Your Next Steps: Free Course For Women

This programme, '**Seed your Confidence for Employment**', is designed to help you feel more confident and clear about work. No matter where you are in your employment journey – just starting out, returning to the workplace, or simply thinking about your potential future – this programme can increase your self-belief and sense of control. In a small, supportive, group setting, you will learn tools to help you communicate more effectively, be more assertive and put yourself across more effectively. You'll be helped to think about what your goals are and feel able to take positive steps forward.

Course Topics

- Who I am & What I bring
- Understanding my Mindset
- Tackling Self-doubt
- Assertiveness
- Presenting the Best You
- Reflecting on your experiences & thinking about what you'd like to do next
- Staying Motivated
- Growing Forward

Some useful information ...

- Please make sure you book your place in advance so that we are aware of how many people will be attending.
- If you are unable to attend this course, please [get in touch](#) and we will put you on the waiting list for future courses.
- [Click here to book your place](#)

Last updated: September 1, 2026