Adult Community Learning

Work Ready: Building confidence & motivation

Course Dates: Thursdays
7th January to 11th February

Times: 1:00pm to 4:00pm

Location: Central Library, Regent Circus, Swindon SN1 1QG

Working as part of small supportive group you will explore simple techniques that can help build your confidence and motivation as you prepare for employment.

By the end of the course you will be able to:
* Identify the personal skills and qualities you have that can help you get and keep a job.
* Recognise how positive thinking and wellbeing can support your employment goals.
* Demonstrate the communication and teamwork skills employers value.
* Recognise the importance of personal presentation and professional behaviour in the workplace.

To request a place on this course:

01793 466482

acl@swindon.gov.uk

Find details of more Adult Community Learning courses using the QR code above or www.swindon.gov.uk/adultlearning

* To be eligible to enrol on these free courses you need to: be over 19 years old as of 31st August 2026; have the right to reside in the UK; or be an asylum seeker and have applied for asylum more than 6 months ago; be unemployed, or working and earning less than £26,800 a year.

For more information about our eligibility criteria please visit our website www.swindon.gov.uk/adultlearning

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Swindon Borough Council