

# Introduction to Personal Development

## Course Overview

This course runs from our City Skills Centre, each Friday, 10 am – 12:30 pm, for 9 weeks, starting on 7 February and finishing on 11 April 2025. This course is an intro to skills for making positive changes in your life and boosting your confidence and your personal development.

## What you will learn

During this course, you will learn the following: How to set achievable goals and ways to achieve them. Improve your communication skills. Develop your teamwork skills and how to use them. Develop some strategies to increase assertiveness. Explore some strategies and techniques to enhance learning opportunities. Use mindful, positive thinking to help you achieve your goals.

## Entry Requirements

This course is designed as an Introduction to Personal Development and is suitable for those that have not completed an Introduction to Personal Development course before. You must be aged 19+ and be able to complete a short workbook and a small amount of writing tasks on a weekly basis.

## How you will be assessed

There are no formal assessments, exams or coursework. Your tutor will informally assess your progress each week alongside your self-assessment and reflection. You will receive a certificate of course completion based on your progress in class and attendance.

## Course Fees

The cost of the course is £90.00. However, you will not be required to pay a fee for this course if you receive one of the following benefits: - Universal Credit - JSA or ESA (Employment and Support Allowance Work Related Action Group) There will be no fees if you earn less than £25,000.

## Course Progression

You can only complete this course once. Upon completion of this course, you may progress on to one of the other short courses aimed at adult learners. Your tutor will advise and discuss the various progression routes available to you. You can also access the College Careers Team to support your progression.

## What Happens Next

Apply online via the College website. You will be contacted to attend an interview if required or sent a conditional offer according to the course's entry requirements. You will then be invited to enrol for your chosen course.

## Course Details

<b>Course Code</b>	P00450
<b>Start Date</b>	06/02/2026
<b>Study Hours</b>	Part Time
<b>Duration</b>	9 weeks
<b>Campus</b>	City Skills Centre
<b>Level</b>	Entry

[Apply Here](#)