

PROGRAMME TITLE: Personal Development
UNIT NO: 1
UNIT TITLE: Developing Confidence
LEVEL: 1
ELEMENT NO: 1.1 Developing Confidence

| Learning Outcomes: | |
|--------------------|---|
| No | What the candidate must do: |
| 1.1.1 | Identify personal strengths |
| 1.1.2 | Describe attributes of a confident person |
| 1.1.3 | Distinguish between assertive, aggressive and passive behaviours |
| 1.1.4 | Identify something about yourself you would want to improve |
| 1.1.5 | Engage in a new activity |
| No | What the candidate must know: |
| 1.1.6 | How to challenge their own self perceptions |
| 1.1.7 | How to promote self belief and raising awareness of own personal qualities. |
| 1.1.8 | How to develop own strengths and improve weaknesses |
| 1.1.9 | The positive effects of raising own self confidence |

Range (explanation of terms used in the learning outcomes):

Attributes: characteristics or qualities

New activity: this could be something organised by the course leader or suggested by the participant and agreed with the with the course leader

Self perceptions: how they see themselves, how they can improve and what implications this could have for them.

Assessment Guidance for the Unit:

| Learning Outcome No | Evidence Requirements | Additional Information |
|----------------------------|---|---|
| 1.1.1 – 1.1.5 | Participant completed worksheet or recorded interview [video or voice] | Use of video or voice recorder can be used. |
| 1.1.6 – 1.1.9 | A written statement from the facilitator and a copy of the participants notes /or recorded contribution to the discussion | |