

Personal Development and Confidence Building

Do you feel ready to make changes in your life?
Have you been feeling stuck? We have a range of
support that can help you take that first step.

The good news is you don't need to change
everything for everything to change.

Contact us now to see what we can offer you to
build your confidence and take that first move to
making a change in your life.

**"I enjoy English. I've met lots of new
friends and have gained confidence
to speak up in group discussions
and have been writing paragraphs"**

Maryam, Adult Learner

ESOL

If your first language is not English and you would
like to improve on your English skills, then English for
Speakers of Other Languages (ESOL) classes could
help you.

ESOL classes are held throughout East Renfrewshire
to help you to:

- improve your speaking, listening, reading and
writing skills
- gain confidence so that you can use your English
to communicate outside class
- learn new skills to help you find work
- support and help your children with their homework
- feel more involved in your community

Adult Learning

Life is a learning process.

Each day presents an
opportunity for learning.



Adult Learning

0141 577 3306

or email

adult.learning@eastrenfrewshire.gov.uk

East
Renfrewshire
COUNCIL

Adult Learning Services

We are all adult learners. We learn from our families, our work, our friends. Some of what we have learned is trivial: some has changed our lives forever. We go through many changes in our lives, and sometimes these require us to learn or improve on our skills.

Adult Learning Services offers a range of exciting learning opportunities for everyone. Whether you want to gain new skills or qualifications, get a new job, go to college or just build confidence with the skills you already have, you are welcome to come along to one of our courses.

Who can attend?

Everyone from 16 years old and upwards is welcome to attend.

What will happen?

When you contact Adult Learning we will arrange to meet you to talk about what you want to do and agree on the best way forward. We will work with you to set goals and develop a learning plan. There will be regular opportunities to discuss how you feel about learning and what you want to achieve.

These are some of the learning opportunities we offer:

Reading, Writing, Numbers and Digital Skills

Do you, or does someone you know, need help with digital skills, reading, writing, spelling or using numbers?

For working life

- Do you need help completing application forms?
- Would you like to be more confident in applying for jobs on your digital device (PC, laptop, phone or tablet)?
- Do you want to learn how to access accounts linked to your DWP benefits?
- Are you looking for support in passing industry entrance exams?
- Would you like to create an email account to send your CV to employers?
- Need confidence to use numbers in the workplace?

For personal life

- Would you like to brush up on your reading or spelling skills?
- Do you feel you need to improve your confidence with numbers?
- Want to improve your budgeting skills?

For family life

- Would you like support to help your children with learning and homework?

SQA Accredited Courses

- Will a formal qualification help you to find a job or access further education (IT, Childcare, Communications, Numeracy)?
- We work closely with local colleges and universities to support progression to Further and Higher Education.

