



Communication Skills - Finding Your Voice

Dates: 12/01/2027

Locations: Victoria Library

This short, practical course is designed to help you unlock your speaking confidence and express yourself with ease. Using fun communication activities and simple drama techniques, you'll explore how to use your voice, body language and personal presence to make a stronger impact. Whether you want to feel braver speaking in groups, join conversations more easily or share your ideas with confidence, this course gives you a friendly and supportive space to practise, experiment and find your voice.

Entry Requirements

This course is suitable for learners working at Entry Level 3 and above. You do not need any previous drama experience, but you should be able to take part in simple discussions, follow instructions and communicate in familiar situations. The course is ideal for adults who want to build confidence, improve everyday communication or prepare for further community learning or employability courses.

What topics does the course cover?

Across the two sessions, you will explore techniques that help you communicate more clearly and confidently. This includes using voice, pace and tone, understanding simple body language and non verbal communication, and practising speaking in different situations. Drama based activities, pair work and group tasks will help you express yourself, build confidence and communicate with more ease.

How will I be taught and assessed?

Learning will be active, creative and supportive. You will learn through drama exercises, group discussions, short role plays and confidence building activities. Tasks are designed to help you experiment, try things out and grow at your own pace. Your tutor will give ongoing feedback throughout the course, and there are no formal tests. The aim is to help you recognise your strengths and build confidence step by step.

Are there any other costs or equipment I need to get?

There are no extra costs. All materials are provided. You should wear comfortable clothing that allows you to move safely during drama based activities.

By the end of the course what should I be able to do?

By the end of the course, you should feel more comfortable speaking in simple everyday situations and small groups. You will have practised using your voice more clearly and explored basic ways to express yourself through tone, facial expression and body language. You should also feel more aware of what helps you build confidence and have a few practical strategies you can continue using to develop your communication skills after the course.

What are the progression opportunities following this course?

After completing this course, you may wish to join other community learning courses that build confidence, communication or wellbeing. You might also choose to move on to speaking and listening courses at Level 1, employability workshops, or courses that support volunteering. Your tutor will help you identify suitable next steps based on your goals.