

Unit Title: Building Confidence And Self-Esteem
Unit Level: Entry 2
Unit Credit Value: 2
GLH: 20
LASER Unit Code: WJB175
Ofqual Unit Code: Y/504/1298

This unit has 4 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand how confidence and self-esteem can change his/her life.	1.1	Identify what confidence and self-esteem are.
		1.2	Identify one way that being confident and feeling good about him/herself can change his/her life.
2.	Understand a way in which confidence and self-esteem can be damaged.	2.1	Identify one way in which confidence and self-esteem can be damaged.
		2.2	Identify one way that his/her life could be changed if his/her confidence and self-esteem were to be damaged.
3.	Understand how confidence and self-esteem can be increased.	3.1	Identify a way of building confidence and self-esteem.
4.	Understand feelings surrounding confidence and self-esteem.	4.1	Identify two types of good feelings that are linked with self-esteem.

Assessment Guidance:
NA

Additional Information:
NA