

**Unit Title:** Building Confidence And Self Esteem  
**Unit Level:** Entry 3  
**Unit Credit Value:** 2  
**GLH:** 20  
**LASER Unit Code:** WJC629  
**Ofqual Unit Code:** M/506/0651

This unit has 4 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand how confidence and self esteem can benefit their life.	1.1	Outline what confidence and self esteem are.
		1.2	Identify ways that being confident and feeling good about themselves can benefit their life.
2.	Understand a way in which confidence and self esteem can be damaged.	2.1	Identify ways in which confidence and self esteem can be damaged.
		2.2	Identify ways that their life could be impacted if their confidence and self esteem were to be damaged.
3.	Understand how confidence and self esteem can be increased.	3.1	Identify ways of building confidence and self esteem.
4.	Understand feelings surrounding confidence and self esteem.	4.1	Give examples of good feelings that are linked with self esteem.

**Assessment Guidance:**

NA

**Additional Information:**

NA