



**THANK YOU FOR YOUR INTEREST IN OUR CONFIDENCE-BUILDING COURSE!**

**Before signing up, please take a moment  
to read the following information.**

This is a highly interactive course that includes team games, discussions, and group activities. If you enjoy learning in a hands-on, collaborative way, we'd love to have you on board!

The programme is designed for individuals who can commit fully to the entire 10-week journey. If you're unable to attend each week, we kindly ask that you consider applying again when things are a little less busy—you're always welcome to join us later in the year!

Please note that if a participant misses two sessions, they will lose their place on the course, as missing 20% of the programme can affect both personal progress and the group dynamic.

The course has been designed with minimal reading and writing requirements to ensure accessibility for all participants, with a strong focus on group dynamics, effective communication, and meaningful connection

Unfortunately, we do not have a crèche or professional translation services available. However, we do have volunteers who speak Hindi, Tamil, Spanish, Italian, and Portuguese to help support inclusivity and communication.

**Still Want to join in?**

**Then please complete the 3 forms and return to me at  
[traceykimlife@gmail.com](mailto:traceykimlife@gmail.com)**



# CONSENT FORM

Your privacy is important to us, and we want to communicate with you in a way which has your consent, and which is in line with UK law on data protection. As a result of a change in UK law, we now need your consent to how we contact you. Please fill in the contact details you want us to use to communicate with you:

Name \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Email Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

By signing this form you are confirming that you are consenting to L.I.F.E holding and processing your personal data for the following purposes (please tick the boxes where you grant consent):-

I consent to L.I.F.E contacting me by

- post
- phone
- email.

To keep me informed about news, events, activities and services at L.I.F.E

- To share my contact details with L.I.F.E so they can keep me informed about news, events, activities and services that will be occurring in the area and which are directly relevant to the role I am undertaking;

Signed: \_\_\_\_\_ Dated: \_\_\_\_\_

You can grant consent to all the purposes; one of the purposes or none of the purposes. Where you do not grant consent we will not be able to use your personal data; (so for example we may not be able to let you know about forthcoming services and events); except in certain limited situations, such as where required to do so by law or to protect members of the public from serious harm. You can find out more about how we use your data from our GDPR policy which is available on request.

You can withdraw or change your consent at any time by contacting L.I.F.E at [traceykimlife@gmail.com](mailto:traceykimlife@gmail.com) Please note that all processing of your personal data will cease once you have withdrawn consent, other than where this is required by law, but this will not affect any personal data that has already been processed prior to this point.



## Consent form for photography/filming

I consent to L.I.F.E using photographs and/or video recordings including images of me both internally and externally to promote the University. These images could be used in print and digital media formats including print publications, websites, e-marketing, posters banners, advertising, film, social media, teaching and research purposes.

I understand that images on websites can be viewed throughout the world and not just in the United Kingdom and that some overseas countries may not provide the same level of protection to the rights of individuals as EU/UK legislation provides.

I understand that some images or recordings may be kept permanently once they are published and be kept as an archive of L.I.F.E

I have read and understand the conditions and consent to my images being used as described.

Print Name	
Signature	
Date	

L.I.F.E is committed to processing information in accordance with the General Data Protection Regulation (GDPR). The personal data collected on this form will be held securely and will only be used for administrative purposes.

### Your rights

You have the right to request to see a copy of the information we hold about you and to request corrections or deletions of the information that is no longer required. You can ask the University to stop using your images at any time, in which case it will not be used in future publications but may continue to appear in publications already in circulation.

You have the right to lodge a complaint against L.I.F.E regarding data protection issues with the Information Commissioner's Office (<https://ico.org.uk/concerns/>).

### Contact details

If you have any questions relating to this consent form or the way we are planning to use your information please contact: TRACEY KIM WATTERSON, 07895 434723

If you have any questions relating to data protection please contact [traceykimlife@gmail.com](mailto:traceykimlife@gmail.com)



## Pre-course questionnaire

We invite you to complete this form as we value your needs and aims. The information gathered will ensure your course content is relevant and meaningful.

I learn best when I am:

- Having fun
- Reading
- Talking and sharing with others
- By myself
- Listening to lectures
- Watching documentaries
- In nature
- Being creative

Additional support needs:

- Mobility
- Literacy
- Child-care

I would like to improve my skills in:

- Assertiveness
- Communication
- Diversity
- Photography
- Time management
- Self care
- Emotional literacy

Other:

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I would like to feel more:

- Confident
- Resilient
- Focussed
- Calm
- Present
- Inspired
- Energised

Name:.....

Email or mobile:.....

- It is fine for you to contact me

I would like to manage my:

- Mental health
- Stress
- Self-esteem
- Goals
- Expectations
- Overall well-being

**The information gathered is strictly confidential , relevant to the course only and stored in- line with our data protection policy. For a copy please ask your trainer.**

Things that get in the way of achieving the above include:

- Time
- Health
- Family commitments
- Putting others first
- Loss
- Feeling overwhelmed
- Not knowing where to start
- Lack of support
- Other:.....