

INDUSTRY: TRAINING & EDUCATION  
PROGRAMME: COMEDY & CONFIDENCE

COMEDY & CONFIDENCE IS AN  
SQA ACCREDITED EDUCATION AND  
TRAINING PROGRAMME



## BUILDING SELF-ESTEEM THROUGH COMEDY

Comedy and Confidence is a 10 week motivational programme which sets out to build confidence in young people who may feel vulnerable or have additional support needs. The purpose is to build confidence through comedy, whilst learning the importance of body language, emotional and vocal techniques that underpin each individual style. The course offers hands on experience of public speaking and using comedy, while learning transferable skills, communication and confidence techniques. The tutor delivers a series of candidate centred activities to develop skills throughout the course. The young people work towards SCQF level 5 in confidence & level 6 in comedy. One week of work experience (in normal circumstances) would be arranged by DYW for each young person normally around week 6 or 7.

The programme helps young people to develop their social skills by building their confidence, general wellbeing and increasing self awareness. It enables young people to identify their strengths and weaknesses, which help them to make the right choices about their career and lifestyle. The key advantages are that you can actually see, week by week, the young peoples' confidence building, their body language, making eye contact and communication skills vastly improve. The feedback from the young people, their teachers and key workers that the transition throughout the journey was obvious week on week, how much they benefitted from the training and the new found confidence they had gained.

*"Every group is an honour to work with, watching young people grow in their own self confidence and self-esteem is honestly the best part of my job. DYW and SDS have been extremely proactive and supportive with this project as they truly understand the need for young people to have self-resilience and be able to creatively adapt their skills in an ever-changing world. Each young person on this project achieved their qualification even when presented with a pandemic! They worked hard, supported by their DYW team and believed in themselves, I cannot wait to return and get their live showcase to be seen and hear how they get on with their work experience placements. It's always very exciting to work alongside organisation who are forward thinking, and I can't wait to work with the DYW team again helping engage and create more confident, creative, caring, capable young people - Everyone CAN learn but not everyone can be taught the same way."*

ANNA DEVITT, CEO, COMEDY & CONFIDENCE

