

Course details

Course title

Personal Development: Managing Your Wellbeing for Work, Life and Study

Course code

Q00016730

Course date

Start: 26/02/25

End: 02/04/25

Number of classes

12 sessions

Timetable

Wed 26th Feb, 13:00 to 15:00

Wed 26th Feb, 13:00 to 15:00

Wed 5th Mar, 13:00 to 15:00

Wed 5th Mar, 13:00 to 15:00

Wed 12th Mar, 13:00 to 15:00

Wed 12th Mar, 13:00 to 15:00

Wed 19th Mar, 13:00 to 15:00

Wed 19th Mar, 13:00 to 15:00

Wed 26th Mar, 13:00 to 15:00

Wed 26th Mar, 13:00 to 15:00

Wed 2nd Apr, 13:00 to 15:00

Wed 2nd Apr, 13:00 to 15:00

Tutor

Caroline Smy

Fee range

Free to £58.80

How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

Venue

KCU Ltd at Fuller Church (Kettering)

51 Gold Street

Kettering

NN16 8JB

Level of study

Beginners

Course overview

During this 6-week course, you will look at a variety of techniques that could help you to manage your wellbeing. Each week we will have a theme, that builds your knowledge around mental health wellbeing's, for example, the NHS 5 steps the wellbeing, mindfulness, healthy lifestyles and work life balance. At the end of the course, you will have created a poster all the wellbeing techniques you like.

Course description

- This course is for all learners, who would like to gain some more knowledge and understanding of mental health wellbeing. The course will start with an explanation of what positive mental health is and why it is important to have good mental health and the mental health continuum.
- Each week a different theme will be introduced and explored, to discover what mental health is and the practices like mindfulness and yoga to continue to improve your mental health.
- We will look at proactive ways to deal with our own mental health and keep ourselves positive.
- The course will be delivered by an experienced tutor with a background in managing mental health and promoting mental good health. During the sessions, there will be plenty of time for discussion, individual and group activities.
- At the end of the course, you will have knowledge and a list of good ways to improve your own and other people mental wellbeing's.

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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