

Course details

Course title

Personal Development: Introduction to mindfulness

Course code

Q00016606

Course date

Start: 05/11/24

End: 17/12/24

Number of classes

7 sessions

Timetable

Tue 5th Nov, 10:00 to 12:00

Tue 12th Nov, 10:00 to 12:00

Tue 19th Nov, 10:00 to 12:00

Tue 26th Nov, 10:00 to 12:00

Tue 3rd Dec, 10:00 to 12:00

Tue 10th Dec, 10:00 to 12:00

Tue 17th Dec, 10:00 to 12:00

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

Thrive in a Changing World: Build Your Emotional Resilience Feeling overwhelmed by life's constant challenges? This 7-week Emotional Resilience course equips you with powerful tools to navigate uncertainty and build inner strength. Explore how your thoughts, emotions, and experiences influence your mental wellbeing and overall resilience. Discover effective coping strategies to manage stress, stay positive, and communicate effectively in your social circles. By examining your life perspective and approach, you'll gain the confidence to recharge your batteries and cultivate a more positive outlook.

Course description

- This course is for all learners, who would like to gain some more knowledge and experiences of mindfulness techniques. The course will start with an explanation of what mindfulness is and how these techniques can help you to be less stressed.
- Each week a different theme will be introduced and explored, to discover which mindful technique suits your lifestyle.
- We will look at proactive ways to include mindfulness into your busy daily lives.
- The course will be delivered by an experienced mindfulness tutor. During the sessions, there will be plenty of time for discussion, individual and group activities.

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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