

## Course details

### Course title

Personal Development: Mind at Work

### Course code

Q00015669

### Course date

Start: 20/01/25

End: 24/03/25

### Number of classes

10 sessions

### Timetable

Mon 20th Jan, 10:00 to 12:00

Mon 27th Jan, 10:00 to 12:00

Mon 3rd Feb, 10:00 to 12:00

Mon 10th Feb, 10:00 to 12:00

Mon 17th Feb, 10:00 to 12:00

Mon 24th Feb, 10:00 to 12:00

Mon 3rd Mar, 10:00 to 12:00

Mon 10th Mar, 10:00 to 12:00

Mon 17th Mar, 10:00 to 12:00

Mon 24th Mar, 10:00 to 12:00

### Tutor

Jayne Evans

### Fee range

Free to £84.00

### 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**

The Old School Building (Wolverhampton)

The Old School

73 Dudley Road

Wolverhampton

WV2 3BY

## **Level of study**

Beginners

## **Course overview**

This course is put on in partnership with Wolverhampton City Council and Job Centre Plus. Are you unemployed and looking for work but experiencing mental health issues? These might include, but not be limited to, stress, anxiety, depression, panic attacks or post traumatic stress. This free support programme will help you to cope better with these challenges and discover techniques and strategies to use in every day life. There is an information and registration day on Monday, 15 April 10am-12pm. Please bring photo ID. This course is funded by the West Midlands Combined Authority

## **Course description**

This course is put on in partnership with Wolverhampton City Council and Job Centre Plus. Are you unemployed and looking for work but experiencing mental health issues such as, stress, anxiety, depression, panic attacks or post traumatic stress? This free support programme will help you to cope better with these challenges and discover techniques and strategies to use every day.

This is a free support programme which will help you with an emotional check-in; coping strategies & relaxation techniques; confidence building & motivation skills and will help you to think about employment options and next steps.

Please note that eligibility is as follows:

Aged 19+

Receiving benefits

Experiencing mental health issues

If you are in receipt of work related benefits, speak to your work coach at the Job Centre, reference Job Centre Plus Wolverhampton Hub.

For further information call 07881 358879. There is an information and registration day on Monday, 15 April 10am-12pm. Please bring photo ID.

## **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.

**Source URL:** <https://www.wea.org.uk/courses/skills-work/personal-development/20-january-personal-development-mind-work>