

Course details

Course title

Personal Development: Build your resilience

Course code

Q00016621

Course date

Start: 05/11/24

End: 17/12/24

Number of classes

14 sessions

Timetable

Tue 5th Nov, 13:00 to 15:00
Tue 5th Nov, 13:00 to 15:00
Tue 12th Nov, 13:00 to 15:00
Tue 12th Nov, 13:00 to 15:00
Tue 19th Nov, 13:00 to 15:00
Tue 19th Nov, 13:00 to 15:00
Tue 26th Nov, 13:00 to 15:00
Tue 26th Nov, 13:00 to 15:00
Tue 3rd Dec, 13:00 to 15:00
Tue 3rd Dec, 13:00 to 15:00
Tue 10th Dec, 13:00 to 15:00
Tue 10th Dec, 13:00 to 15:00
Tue 17th Dec, 13:00 to 15:00
Tue 17th Dec, 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

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 well-being 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

Who Should Take This Course? This course welcomes everyone, regardless of your current knowledge of emotional resilience.

What Will You Learn? Each week delves into a different aspect of building resilience, including:

Understanding Your Life Experiences: Explore how past events shape your perspective and identify areas for growth.

Developing Effective Coping Strategies: Learn practical tools to manage stress and navigate challenging situations.

Recharging Your Batteries: Discover healthy habits to promote mental well-being and foster positive thinking.

Building Communication Skills: Enhance your ability to connect with others and maintain strong social networks.

Experienced Guidance: Our qualified tutor, with a background in mental health, will guide you through interactive discussions, individual exercises, 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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