

You will find that some courses are only available for WEA members at this time, as part of member's priority booking. Courses will become available for all at 11 am on Wednesday 3rd July. Alternatively, become a WEA member today to book right away. Click on the 'Become a member' link at the top of the page.

Early booking is a membership perk for WEA members, where courses are available exclusively before becoming available for everyone else.

Got it!

Course details

Course title

Personal Development: Creativity for Calm

Course code

Q00010932

Course date

Start: 09/09/24

End: 16/12/24

Number of classes

15 sessions

Timetable

Mon 9th Sep, 13:00 to 15:30

Mon 16th Sep, 13:00 to 15:30

Mon 23rd Sep, 13:00 to 15:30

Mon 30th Sep, 13:00 to 15:30

Mon 7th Oct, 13:00 to 15:30
Mon 14th Oct, 13:00 to 15:30
Mon 21st Oct, 13:00 to 15:30
Mon 28th Oct, 13:00 to 15:30
Mon 4th Nov, 13:00 to 15:30
Mon 11th Nov, 13:00 to 15:30
Mon 18th Nov, 13:00 to 15:30
Mon 25th Nov, 13:00 to 15:30
Mon 2nd Dec, 13:00 to 15:30
Mon 9th Dec, 13:00 to 15:30
Mon 16th Dec, 13:00 to 15:30

Tutor

Katie Dexter

Fee range

Free to £157.50

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

NST Hub (North Somerset Training Communi
31 Alexandra Parade
Weston-super-Mare
BS23 1QZ

Level of study

Beginners

Course overview

This course will teach you how to make connections with self and others, identify their personal strengths and promote and build positive mental and physical wellbeing.

Course description

This course will help you begin to make connections with other people and begin to develop a community. Your friendly tutor will help you develop social skills and identify your own personal strengths. As a group you will begin to explore issues surrounding mental health and wellbeing while also developing tools and techniques to promote your own positive mental health and physical wellbeing. Don't worry if this sounds a little daunting your friendly and supportive tutor will help you with this by using mentoring tools and creative reflection exercises to understand more about your own emotions, feelings and behaviours. By the end of this course you will be able to

1. To make connections with other people and develop social and others, identify their personal strengths and promote and build positive mental and physical wellbeing
2. To identify personal strengths and set goals, learning new skills and re-discovering activities that help in self-regulating mental health.
3. To practice strategies and ways of overcoming negative mindsets, using mindfulness and the wellbeing toolkit.
4. To become more active, considering how exercise can help ease anxiety, stress and depression.
5. To identify community resources and what is available in the community, promoting inclusion and a sense of belonging.

This course is followed by the 5 ways to wellbeing which will be running after the Christmas break.

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-life/health-wellbeing/9-september-personal-development-creativity-calm>