

## Course details

### Course title

Personal Development: Everyday Life Skills - Practical Skills

### Course code

Q00017749

### Course date

Start: 07/01/25

End: 11/02/25

### Number of classes

6 sessions

### Timetable

Tue 7th Jan, 11:00 to 16:00

Tue 14th Jan, 11:00 to 16:00

Tue 21st Jan, 11:00 to 16:00

Tue 28th Jan, 11:00 to 16:00

Tue 4th Feb, 11:00 to 16:00

Tue 11th Feb, 11:00 to 16:00

### Tutor

Katie Dexter

### Fee range

Free to £126.00

## **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**

NST Hub (North Somerset Training Communi

31 Alexandra Parade

Weston-super-Mare

BS23 1QZ

## **Level of study**

Beginners

## **Course overview**

This supportive course offers you the opportunity to explore adaptive and positive behaviour to help you deal more effectively with the demands and challenges of everyday life. The course will cover 3 main areas, including knowledge, attitude, and skills. It will enable you to consider ways to expand your confidence and personal development, including life skills to help promote mental well-being and competence when managing and coping with the realities of life. It will help you to identify available opportunities and prepare to face possible threats. The course will cover the context of health and social events, including coping without the use of unhealthy props; communicating with others in the public sphere; and how to promote healthy relationships.

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## **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/self-development/7-january-personal-development-everyday-life-skills-practical>