



Course details

Course title

Healthy Living: Meditation and Mindfulness to support a positive mindset

Course code

Q00018250

Course date

Start: 07/01/25

End: 11/02/25

Number of classes

6 sessions

Timetable

Tue 7th Jan, 19:00 to 20:30

Tue 14th Jan, 19:00 to 20:30

Tue 21st Jan, 19:00 to 20:30

Tue 28th Jan, 19:00 to 20:30

Tue 4th Feb, 19:00 to 20:30

Tue 11th Feb, 19:00 to 20:30

Tutor

Nicola Bailey

Fee range

Free to £33.30

How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

Venue

Online

Level of study

Beginners

Course overview

Enhance your mindset with our Meditation and Mindfulness to Support a Positive Mindset course. This course focuses on practices that cultivate positivity, resilience, and inner peace. Through guided meditations and mindfulness techniques, you will learn to anchor yourself in the present moment, manage negative thoughts, and foster a more optimistic outlook on life. Suitable for all levels, this course encourages self-awareness and personal growth in a supportive environment.

Course description

This course invites you to explore meditation and mindfulness practices aimed at nurturing a positive mindset. Whether you're facing challenges or simply seeking to enhance your mental outlook, you'll learn techniques to cultivate resilience and inner peace. Each session will guide you through mindfulness exercises that promote self-awareness and emotional balance. You'll practice various meditation methods to calm the mind, manage stress, and foster positivity. Guided sessions will include techniques for grounding yourself in the present moment, managing distractions, and developing a more optimistic perspective. Additionally, you'll engage in reflective practices to integrate mindfulness into your daily life, fostering ongoing personal growth and positivity. By the end of the course, you'll have the tools to maintain a positive mindset and navigate life's ups and downs with greater resilience.

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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