

Course details

Course title

Ways to Wellbeing: Drama for wellbeing

Course code

Q00018431

Course date

Start: 17/09/24

End: 26/11/24

Number of classes

10 sessions

Timetable

Tue 17th Sep, 13:00 to 15:00

Tue 24th Sep, 13:00 to 15:00

Tue 1st Oct, 13:00 to 15:00

Tue 8th Oct, 13:00 to 15:00

Tue 15th Oct, 13:00 to 15:00

Tue 22nd Oct, 13:00 to 15:00

Tue 5th Nov, 13:00 to 15:00

Tue 12th Nov, 13:00 to 15:00

Tue 19th Nov, 13:00 to 15:00

Tue 26th Nov, 13:00 to 15:00

Tutor

Philip O'Riordan

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

HFT Culture Fusion (Bradford)
125 Thornton Rd
Bradford
BD1 2EP

Level of study

Beginners

Course overview

Enhance your well-being through the creative art of drama with our Drama for Wellbeing course. Explore techniques for self-expression, emotional release, and personal growth through performance. Ideal for individuals seeking to improve their mental health through drama.

Course description

Ways to Wellbeing: Drama for Wellbeing is designed to help individuals enhance their mental and emotional well-being through the creative art of drama. This course covers various techniques for self-expression, emotional release, and personal growth through performance and improvisation. Participants will engage in drama exercises, role-plays, and group activities that encourage exploration of thoughts, feelings, and

experiences in a supportive environment. The course includes lessons on using drama as a therapeutic tool, understanding the benefits of creative expression, and developing confidence and communication skills. By the end of the course, participants will have gained tools for using drama to improve their mental health, express themselves creatively, and build stronger connections with others. This course is ideal for anyone looking to enhance their well-being through the transformative power of drama.

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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