



Course details

Course title

Creative Writing: Journaling to End the Year Well.

Course code

Q00020140

Course date

Start: 09/01/25

End: 09/01/25

Number of classes

1 sessions

Timetable

Thu 9th Jan, 14:00 to 16:00

Tutor

Nicola Torode

Fee range

Free to £7.40

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

Course overview

This workshop will help you reflect on your growth, challenges and achievements over 2024 by using simple and helpful journaling exercises. You'll be introduced to a range of journaling techniques to make journaling enjoyable and insightful. You'll get tips on how to incorporate journaling into a weekly enjoyable self-care habit that can boost mood and bring balance. Our in-class writing exercises will help you finish the year with a flourish using a range of materials such as photos, poems and stories. Get inspired, get inventive and feel a sense of satisfaction at your progress. End the year well so you start the next one on a positive note.

Course description

Ever wondered how to make the most of journaling? Perhaps, you've started journaling but stopped because you didn't know what to journal about. Then this is the course for you! Learn how easy and enjoyable journaling techniques can help you take stock of the year ending. Nothing like a burst of creativity to energise you for the year ahead. You'll reflect on your achievements, challenges, mindset and values that powered you through 2024. What was your core beliefs running the show this year? What do you want to see new, different or less of for 2025? You'll be invited to journal during the class from a range of prompts, using photos, poems and story. You'll set intentions for the new year, imagine new habits and rituals to support you for the year ahead.

By the end of this class you will have learnt:

- How a regular journaling practice can benefit your emotional wellbeing and motivation to achieve goals
- Accessible journaling techniques to practice outside of class
- Tips how to make journaling sustainable and insightful
- Ways to resource yourself with ready-made journaling prompts

In class we will have time to journal, we will be able to reflect on our writing and be able to share reflections in pairs/small groups.

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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