



Course details

Course title

Ways to Wellbeing: Mental and Physical Wellbeing Workshops

Course code

Q00020057

Course date

Start: 10/01/25

End: 04/04/25

Number of classes

12 sessions

Timetable

Fri 10th Jan, 10:00 to 12:00

Fri 17th Jan, 10:00 to 12:00

Fri 24th Jan, 10:00 to 12:00

Fri 31st Jan, 10:00 to 12:00

Fri 7th Feb, 10:00 to 12:00

Fri 14th Feb, 10:00 to 12:00

Fri 28th Feb, 10:00 to 12:00

Fri 7th Mar, 10:00 to 12:00

Fri 14th Mar, 10:00 to 12:00

Fri 21st Mar, 10:00 to 12:00

Fri 28th Mar, 10:00 to 12:00

Fri 4th Apr, 10:00 to 12:00

Tutor

Patrick O'Reilly

Fee range

Free to £88.80

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

This course empowers participants to prioritize their mental and physical wellbeing for a balanced, fulfilling life. It explores key strategies for managing stress, building resilience, and maintaining mental clarity alongside practical approaches to physical health, such as exercise, nutrition, and sleep optimization. Through engaging discussions, interactive activities, and expert guidance, learners will develop personalized wellbeing plans that integrate healthy habits into daily routines. Suitable for individuals seeking personal growth or organizations aiming to support employee wellness, this course provides the tools and insights needed to enhance overall quality of life, productivity, and long-term health.

Course description

This course is designed to help individuals achieve a harmonious balance between mental and physical health, fostering long-term resilience and vitality. It provides a holistic approach to wellbeing, combining practical strategies for managing stress, enhancing mental clarity, and building emotional resilience with actionable guidance on improving physical health through exercise, nutrition, and sleep optimization.

Participants will explore the interconnectedness of mental and physical health and how small, sustainable changes can lead to profound improvements in overall wellbeing. Topics include effective stress management techniques, mindfulness practices, and strategies for maintaining a positive mindset, as well as tips for adopting healthier lifestyle habits that suit individual needs.

Through interactive activities, expert-led discussions, and personalized planning, this course empowers learners to develop a customized approach to integrating wellness into their daily lives. Whether you're looking to improve your personal wellbeing or foster a culture of health and balance in your organization, this course equips you with the tools and insights to succeed.

By the end of the program, participants will feel confident in their ability to manage challenges, maintain physical health, and cultivate a thriving, balanced lifestyle that supports both personal and professional goals.

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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