

Course details

Course title

Ways to Wellbeing

Course code

Q00013814

Course date

Start: 16/04/24

End: 23/07/24

Number of classes

15 sessions

Timetable

Tue 16th Apr, 10:30 to 12:00
Tue 23rd Apr, 10:30 to 12:00
Tue 30th Apr, 10:30 to 12:00
Tue 7th May, 10:30 to 12:00
Tue 14th May, 10:30 to 12:00
Tue 21st May, 10:30 to 12:00
Tue 28th May, 10:30 to 12:00
Tue 4th Jun, 10:30 to 12:00
Tue 11th Jun, 10:30 to 12:00
Tue 18th Jun, 10:30 to 12:00
Tue 25th Jun, 10:30 to 12:00
Tue 2nd Jul, 10:30 to 12:00
Tue 9th Jul, 10:30 to 12:00
Tue 16th Jul, 10:30 to 12:00
Tue 23rd Jul, 10:30 to 12:00

Tutor

Ruth Odurand

Fee range

Free to £94.50

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

Tricuro -Parkstone Connect Day Centre (P
Croft Road
Poole
BH12 3LD

Qualification name & awarding organisation

Ways to Wellbeing ()

Course overview

Welcome to finale of the Ways to Well-being: Confidence course. In this course, we will continue to build on various strategies and techniques to promote mental well-being and enhance teamwork skills in a casual and relaxed environment. Are you looking for effective ways to combat stress, anxiety, and other mental health challenges? Do you want to strengthen your ability to work collaboratively with others? If so, this course is perfect for you! Come prepared to finish off a fantastic year of study and reflection in the Parkstone centre Poole, where you will recap and reinforce the learning you have achieved all year

Course description

Throughout the course, we will delve into practical tools and exercises that can be easily incorporated into your daily routine. We will cover topics such as stress management, self-care practices, mindfulness techniques, and effective communication strategies. We will also look at diet and exercise as a way to combat stress and anxiety, and implement personal goals to better your wellbeing. By learning and implementing these skills, you will be equipped to combat mental health issues and foster a healthier work environment.

Our approach is casual and laid-back, creating a comfortable space for open discussions and sharing experiences. We believe that learning should be enjoyable and engaging, so expect interactive activities, group exercises, and real-life case studies that will help you apply the concepts learned.

Whether you are an individual seeking personal growth or a team looking to enhance collaboration and well-being, this course is designed to meet your needs. By the end of the course, you will have a comprehensive toolkit to combat mental health challenges, improve teamwork dynamics, and create a positive and supportive atmosphere.

Join us on this journey towards well-being and teamwork excellence. Enroll now and take the first step towards a healthier and more productive work environment!

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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