



**Adult Learning  
Within Reach**

## Course details

### Course title

Ways to Wellbeing

### Course code

Q00014339

### Course date

Start: 11/06/24

End: 12/06/24

### Number of classes

2 sessions

### Timetable

Tue 11th Jun, 10:00 to 14:00

Wed 12th Jun, 10:00 to 14:00

### Tutor

Dulcie Allan

### Fee range

Free to £33.60

### 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

Seetec Pluss Poole  
Poole  
BH12 1ED

## **Qualification name & awarding organisation**

Ways to Wellbeing ()

## **Level of study**

Intermediate

## **Course overview**

Discover the path to a happier and more balanced life with Ways to Well-being. This WEA course (held at Seetec Poole) offers a comprehensive exploration of mindfulness and provides you with techniques that can transform your daily routine. By attending, you will reap numerous benefits such as improved mental clarity, enhanced emotional intelligence, and a greater sense of inner peace. Our expert instructors will guide you every step of the way, ensuring an immersive and engaging learning experience. Take control of your well-being today and enroll in Ways to Well-being! Don't miss out on the incredible advantages that attending this educational journey brings.

## **Course description**

Embark on a life-changing journey towards holistic well-being with Ways to Well-being! Our course offers you the opportunity to gain indispensable skills that will positively impact not only your personal life but also your professional life. Explore practical techniques to manage stress and anxiety effectively and learn valuable mindfulness strategies to navigate life's challenges with ease. Whether you're seeking personal growth or looking to enhance your job performance, Ways to Well-being is your key to unlocking a healthier, happier you.

During this stress free course you will be led by our expert tutor to identify the triggers that stress you and discover the techniques and skills to not only battle the stress but put steps in place to set and work toward 'better you' goals.

Our course can help you find ways to manage anxiety or be kinder to yourself. Learn how to deal with stress and difficult emotions, discover new techniques to find calmness.

At a time when the world can feel a bit overwhelming, our courses can help you manage your worries and find a happier you.

Once you learn with us you will have access to a wide range of courses not just for your wellbeing. This course can lead you onto confidence courses, and work-related courses.

## **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.

**Source URL:** <https://www.wea.org.uk/courses/skills-life/health-wellbeing/11-june-ways-wellbeing>