

## Course details

### Course title

Personal Development: Gratitude journalling

### Course code

Q00016622

### Course date

Start: 06/11/24

End: 18/12/24

### Number of classes

14 sessions

### Timetable

Wed 6th Nov, 13:00 to 15:00

Wed 6th Nov, 13:00 to 15:00

Wed 13th Nov, 13:00 to 15:00

Wed 13th Nov, 13:00 to 15:00

Wed 20th Nov, 13:00 to 15:00

Wed 20th Nov, 13:00 to 15:00

Wed 27th Nov, 13:00 to 15:00

Wed 27th Nov, 13:00 to 15:00

Wed 4th Dec, 13:00 to 15:00

Wed 4th Dec, 13:00 to 15:00

Wed 11th Dec, 13:00 to 15:00

Wed 11th Dec, 13:00 to 15:00

Wed 18th Dec, 13:00 to 15:00

Wed 18th Dec, 13:00 to 15:00

## **Tutor**

Caroline Smy

## **Fee range**

Free to £58.80

## **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**

KCU Ltd at Fuller Church (Kettering)

51 Gold Street

Kettering

NN16 8JB

## **Level of study**

Beginners

## **Course overview**

Deepen Your Mindfulness Practice: Intermediate Level Ready to take your mindfulness journey to the next level? This 6-week course builds upon your existing knowledge and techniques, empowering you to significantly reduce stress and enhance overall well-being. Explore powerful practices like mindful breathing, cultivating a mindful brain, and integrating mindfulness into daily activities. Discover how just a few minutes a day can transform your busy life, fostering inner calm and reducing stress levels.

## **Course description**

**Target Audience:** This course is designed for those with some mindfulness experience who are eager to deepen their understanding and application.

**Weekly Themes:** We'll delve into a variety of themes each week, helping you discover which mindful techniques best suit your lifestyle.

**Mindful Brain Exploration:** Gain insights into how mindfulness practices positively impact your brain function and promote a more positive outlook.

**Practical Integration:** Learn practical strategies to seamlessly integrate mindfulness into your daily routine, even amidst the hustle and bustle.

**Experienced Guidance:** Our qualified mindfulness tutor will guide you through interactive discussions, personalised exercises, and engaging group activities.

## **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/6-november-personal-development-gratitude-journalling>