



Course details

Course title

Personal Development: Mind at Work

Course code

Q00015657

Course date

Start: 30/09/24

End: 10/12/24

Number of classes

20 sessions

Timetable

Mon 30th Sep, 10:00 to 12:30

Tue 1st Oct, 10:00 to 12:30

Mon 7th Oct, 10:00 to 12:30

Tue 8th Oct, 10:00 to 12:30

Mon 14th Oct, 10:00 to 12:30

Tue 15th Oct, 10:00 to 12:30

Mon 21st Oct, 10:00 to 12:30

Tue 22nd Oct, 10:00 to 12:30

Mon 4th Nov, 10:00 to 12:30

Tue 5th Nov, 10:00 to 12:30

Mon 11th Nov, 10:00 to 12:30

Tue 12th Nov, 10:00 to 12:30

Mon 18th Nov, 10:00 to 12:30

Tue 19th Nov, 10:00 to 12:30

Mon 25th Nov, 10:00 to 12:30

Tue 26th Nov, 10:00 to 12:30

Mon 2nd Dec, 10:00 to 12:30

Tue 3rd Dec, 10:00 to 12:30

Mon 9th Dec, 10:00 to 12:30

Tue 10th Dec, 10:00 to 12:30

Tutor

Jayne Evans

Fee range

Free to £210.00

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

The Old School Building (Wolverhampton)

The Old School

73 Dudley Road

Wolverhampton

WV2 3BY

Level of study

Beginners

Course overview

This course is put on in partnership with Wolverhampton City Council and Job Centre Plus. Are you unemployed and looking for work but experiencing mental health issues? These might include, but not be limited to, stress, anxiety, depression, panic attacks or post traumatic stress. This free support programme will help you to cope better with these challenges and discover techniques and strategies to use in every day life. There is an information and registration day on Monday, 15 April 10am-12pm. Please bring photo ID. This course is funded by the West Midlands Combined Authority

Course description

This course is put on in partnership with Wolverhampton City Council and Job Centre Plus. Are you unemployed and looking for work but experiencing mental health issues such as, stress, anxiety, depression, panic attacks or post traumatic stress? This free support programme will help you to cope better with these challenges and discover techniques and strategies to use every day.

This is a free support programme which will help you with an emotional check-in; coping strategies & relaxation techniques; confidence building & motivation skills and will help you to think about employment options and

next steps.

Please note that eligibility is as follows:

Aged 19+

Receiving benefits

Experiencing mental health issues

If you are in receipt of work related benefits, speak to your work coach at the Job Centre, reference Job Centre Plus Wolverhampton Hub.

For further information call 07881 358879. There is an information and registration day on Monday, 15 April 10am-12pm. Please bring photo ID.

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-work/personal-development/30-september-personal-development-mind-work>