



## Course details

### Course title

Personal Development: Gratitude journaling

### Course code

Q00016769

### Course date

Start: 03/06/25

End: 15/07/25

### Number of classes

14 sessions

### Timetable

Tue 3rd Jun, 13:00 to 15:00

Tue 3rd Jun, 13:00 to 15:00

Tue 10th Jun, 13:00 to 15:00

Tue 10th Jun, 13:00 to 15:00

Tue 17th Jun, 13:00 to 15:00

Tue 17th Jun, 13:00 to 15:00

Tue 24th Jun, 13:00 to 15:00

Tue 24th Jun, 13:00 to 15:00

Tue 1st Jul, 13:00 to 15:00

Tue 1st Jul, 13:00 to 15:00

Tue 8th Jul, 13:00 to 15:00

Tue 8th Jul, 13:00 to 15:00

Tue 15th Jul, 13:00 to 15:00

Tue 15th Jul, 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**

This 7-week course is your gateway to a more fulfilling life! Discover the transformative power of gratitude journaling, a practice that combines mindfulness and writing to boost your wellbeing. Explore how expressing gratitude can shift your perspective and cultivate a more positive outlook. Learn practical journaling techniques to track your everyday blessings and witness the uplifting impact on your mood.

## **Course description**

Who should take this course?

This course welcomes participants of all backgrounds, whether you are new to gratitude journaling or eager to deepen your understanding.

What will you learn?

Throughout the course, you will explore the transformative power of gratitude journaling. Each week delves into different aspects, from uncovering the science behind gratitude and its positive impact on mental health to experimenting with creative journaling techniques. You will reflect on how past experiences shape your perspective and discover how cultivating gratitude can lead to personal growth and empowerment. Guided by our experienced tutor with a mental health background, the course combines interactive discussions, individual journaling exercises, and group activities to help you establish a daily practice that promotes positivity and enhances overall wellbeing.

## **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/3-june-personal-development-gratitude-journaling>