



Course details

Course title

Healthy Living: Meditation and Mindfulness to support emotional resilience

Course code

Q00018254

Course date

Start: 03/06/25

End: 15/07/25

Number of classes

7 sessions

Timetable

Tue 3rd Jun, 19:00 to 20:30

Tue 10th Jun, 19:00 to 20:30

Tue 17th Jun, 19:00 to 20:30

Tue 24th Jun, 19:00 to 20:30

Tue 1st Jul, 19:00 to 20:30

Tue 8th Jul, 19:00 to 20:30

Tue 15th Jul, 19:00 to 20:30

Tutor

Nicola Bailey

Fee range

Free to £38.85

How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

Venue

Online

Level of study

Beginners

Course overview

Cultivate emotional resilience with our Meditation and Mindfulness for Emotional Resilience course. This class focuses on practices to manage emotions, build inner strength, and enhance emotional well-being. Through guided meditations and mindfulness techniques, you will learn to regulate emotions, cultivate compassion, and navigate life's challenges with greater ease. Suitable for all levels, this course empowers you to develop emotional resilience in a supportive learning environment.

Course description

This course introduces meditation and mindfulness practices aimed at fostering emotional resilience. You'll explore techniques to recognize and manage emotions, build inner strength, and enhance overall emotional well-being. Each session will guide you through mindfulness exercises designed to cultivate self-awareness and compassion. Guided meditations will include practices for emotional regulation, stress management, and cultivating a positive outlook. You'll learn strategies to integrate mindfulness into daily life, supporting adaptive coping skills and emotional balance. By the end of the course, you'll have developed tools to navigate challenges with greater resilience, cultivate a more balanced emotional state, and foster a deeper sense of well-being.

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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