



Course details

Course title

Healthy Living: Meditation and Mindfulness to improve mental focus and productivity

Course code

Q00018255

Course date

Start: 22/04/25

End: 20/05/25

Number of classes

5 sessions

Timetable

Tue 22nd Apr, 19:00 to 20:30

Tue 29th Apr, 19:00 to 20:30

Tue 6th May, 19:00 to 20:30

Tue 13th May, 19:00 to 20:30

Tue 20th May, 19:00 to 20:30

Tutor

Nicola Bailey

Fee range

Free to £27.75

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

Enhance your focus and productivity with our Meditation and Mindfulness for Mental Focus course. This class focuses on techniques to sharpen concentration, enhance mental clarity, and boost productivity. Through guided meditations and mindfulness practices, you will learn to maintain focus, manage distractions, and optimize your cognitive performance. Suitable for all levels, this course empowers you to cultivate a more focused and efficient mindset.

Course description

This course introduces meditation and mindfulness practices that enhance mental focus and productivity. You'll explore techniques to sharpen concentration, improve attentional control, and optimize cognitive function. Each session will guide you through mindfulness exercises aimed at reducing mental clutter and enhancing clarity. Guided meditations will include techniques for improving focus, managing stress, and maintaining productivity. You'll learn strategies to integrate mindfulness into your daily routine, supporting sustained attention and effective task management. By the end of the course, you'll have developed skills to enhance mental resilience, improve productivity, and navigate challenges with greater clarity and focus.

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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