



Course details

Course title

Personal Development: Grow & Improve: A Personal Wellbeing Course

Course code

Q00021458

Course date

Start: 06/05/25

End: 17/06/25

Number of classes

6 sessions

Timetable

Tue 6th May, 9:30 to 11:00

Tue 13th May, 9:30 to 11:00

Tue 20th May, 9:30 to 11:00

Tue 27th May, 9:30 to 11:00

Tue 10th Jun, 9:30 to 11:00

Tue 17th Jun, 9:30 to 11:00

Tutor

Sanjaya Grero

Fee range

Free to £37.80

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

Meir Community Education Centre (Stoke-O
Meir Youth & Community Centre
Pickford Place
Stoke-On-Trent
ST3 7DY

Level of study

Entry Level

Course overview

This course is designed to help you reflect on your wellbeing and make positive changes using two simple tools: the Wheel of Life and the GROW Model. The Wheel of Life helps you see which areas of your life feel balanced and which may need more attention. The GROW Model provides a structured way to set goals and take action by focusing on four steps: Goal, Reality, Options, and Will. Over the sessions, you'll explore different aspects of your life, set meaningful goals, and develop a personal action plan for positive change.

Course description

This course is designed to help you reflect on your wellbeing and make positive changes using two simple tools: the Wheel of Life and the GROW Model.

The Wheel of Life helps you see which areas of your life feel balanced and which may need more attention.

The GROW Model provides a structured way to set goals and take action by focusing on four steps: Goal, Reality, Options, and Will.

Over the course of the sessions, you'll explore different aspects of your life, set meaningful goals, and develop a personal action plan for positive change.

Each session focuses on a key step in this process. You'll begin by assessing your current wellbeing and identifying areas for growth. Next, you'll set goals that are realistic and meaningful to you.

You'll then explore where you are now and any challenges that might be in your way. After that, you'll look at possible solutions and ways to move forward. In the final session, you'll create a plan and commit to small, achievable steps that can make a real difference in your daily life.

By the end of the course, you'll have a clearer understanding of what wellbeing means for you and practical steps to improve it. Whether you want to focus on personal growth, relationships, work-life balance, or health, this course will give you the tools and confidence to move forward.

The sessions are interactive, supportive, and designed for learners of all backgrounds and experiences.

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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