



Course details

Course title

Personal Development: Positive pathways for Mental Health

Course code

Q00021253

Course date

Start: 06/05/25

End: 15/07/25

Number of classes

10 sessions

Timetable

Tue 6th May, 13:15 to 15:15

Tue 13th May, 13:15 to 15:15

Tue 20th May, 13:15 to 15:15

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

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

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

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

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

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

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

Tutor

Margaret Mordue

Fee:

Free

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

St. Margaret's Centre (Durham)

The Old School

Margery Lane

Durham

DH1 4QJ

Level of study

Entry Level

Course overview

This course is designed to help individuals explore positive strategies for maintaining and improving mental well-being. Through guided discussions, practical exercises, and self-reflection, learners will learn how to build resilience, manage stress, and develop healthy habits for a balanced mind. The course encourages self-awareness, emotional regulation, and a proactive approach to mental health using evidence-based techniques.

Course description

During this course learners will explore positive strategies for maintaining and improving mental well-being. Learners will be able to understand key factors that contribute to mental well-being through guided discussions, practical exercises, and self-reflection, learners will learn how to build resilience, manage stress, and develop healthy habits for a balanced mind. You will learn to develop positive thinking and resilience-building strategies and learn how stress management and relaxation techniques help you. The course encourages self-awareness, emotional regulation, and a proactive approach to mental health using evidence-based techniques. Throughout this course you will have support with all techniques and strategies that support and strengthen connections through communication and social support. At the end of the course you will have created a personal mental well-being plan for long-term self-care.

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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