

## Pathway to Own Wellbeing

### Course Overview

This course will help you understand what wellbeing is and why it is important for a happy and balanced life. You will learn about the key areas of wellbeing and how to take care of your mental, emotional, and physical health. You will explore simple self-care techniques to build healthy habits and improve your overall wellbeing. The course will also teach you how to manage stress, stay positive, and handle challenges with confidence. Through creative activities like art and crafting, you will discover fun ways to relax, express yourself, and feel more mindful. By the end of the course, you will have practical tools to improve your daily life and feel more confident in looking after your wellbeing.

### What you will learn

In this course, you will learn what wellbeing is and why it is important for a happy and balanced life. You will explore the key areas of wellbeing and how to take care of them in your daily routine. You will discover simple yet effective self-care techniques that focus on your mental, emotional, and physical health. These strategies will help you build healthier habits and improve your overall sense of wellbeing. You will also learn how to manage negative thoughts and develop a more positive mindset. This will help you handle challenges with confidence and improve your mental resilience. Additionally, you will take part in creative activities such as art and crafting. These exercises will promote relaxation, mindfulness, and self-expression, helping you to connect with your emotions and enhance your overall wellbeing.

### Entry Requirements

This course is designed for anyone looking to understand what wellbeing is and why it is important for a happy and balanced life. . You must be aged 19+.

### How you will be assessed

There are no formal assessments, exams or coursework. Your tutor will informally assess your progress each week. You will receive a certificate of course completion based on your progress in class and attendance.

### Course Fees

You will not be required to pay a fee for this course if you receive one of the following benefits: - Universal Credit - JSA or ESA (Employment and Support Allowance Work Related Action Group) There will be no fees if you earn less than £25,000.

### Course Progression

On completion of this course, your tutor will be able to provide advice and guidance on other courses. You could progress onto P00706 - Wellbeing for work programme. For more detailed advice and guidance about future steps, you can make an appointment with one of our qualified careers advisers who can support you to find the most suitable career path for you and to make the most of your skills and qualifications.

### What Happens Next

Apply online via the College website. You will be contacted to attend an interview if required or sent a conditional offer according to the course's entry requirements. You will then be invited to enrol for your chosen course.

### Course Details

Course Code	P00765
Start Date	01/08/2025
Study Hours	Part Time
Duration	1 week
Campus	City Skills Centre
Level	Other

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