

## Pathway to Own Wellbeing

### Course Overview

This programme is designed to help you build up your confidence, self esteem and resilience. It focuses on improving your overall wellbeing. Through this highly practical one day course, you will create a personalised wellbeing plan and learn some very basic stress management techniques. You will explore the benefits of confidence, self-esteem, and assertiveness, as well as strategies for maintaining good mental health.

### What you will learn

During this one day course, you will start to develop the skills and confidence needed to support you in every day life. You will learn how to create a personalised wellbeing plan, to build emotional resilience, and manage stress effectively. You will explore the importance of confidence, self-esteem, and assertiveness in a personal settings, as well as strategies for maintaining good mental wellbeing. By the end of the course, you will have a greater understanding of how to improve your wellbeing, and the tools needed for every day like.

### Entry Requirements

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

### Course Fees

You will not be required to pay a fee for this course if you are in receipt of one of the following benefits: - Universal Credit JSA or ESA (Employment and Support Allowance Work Related Action Group) low waged. - Evidence of benefits will be required on the application. Call us on 0116 262 5921 for more information on fees.

### Course Progression

On completion of this course, your tutor will be able to provide advice and guidance on other programmes including the longer Wellbeing for Work. The qualification will support you to improving your confidence. For more detailed advice and guidance about future steps, you can make an appointment with one of our qualified career advisers who can support you in finding the most suitable career path for you and making the most of your skills and qualifications.

### What Happens Next

Apply online via the College website. You will then be invited to a pre-course information session. For applications via JCP, please let your Work Coach know. Subject to individual eligibility and type of benefit, the vast majority of courses are FREE to people in receipt of an employment-related benefit JSA, Universal Credit or ESA (Employment and Support Allowance).

### Course Details

<b>Course Code</b>	M00034
<b>Start Date</b>	09/11/2026
<b>Study Hours</b>	Part Time
<b>Duration</b>	1 week
<b>Campus</b>	City Skills Centre
<b>Level</b>	Other

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