



Education & Skills  
Funding Agency



HEALTH &  
WELLBEING

## LAUNCHPAD

### COURSE SUMMARY:

This 20 hour course is designed to give you renewed personal confidence, a positive self-image and the skills to tackle stress.

### ENTRY REQUIREMENTS:

- Aged 19 or over
- To have completed the Confidence & Wellbeing course and/or the Stress Management course



**AWARD:**  
Unaccredited

### WHAT WILL YOU DO ON THIS COURSE?

During this course you will communicate with others on a 1:1 basis and also in groups. You will develop your understanding of the benefits of being assertive and become more self-aware of the different types of behaviour.

You will learn about positive self-image and ways to support your wellbeing. You will explore what is meant by stress, list symptoms, understand the effect stress has on our bodies and how this can be relieved. The aim of this course is to:

- ✓ **Improve confidence**, self-esteem & gain a general sense of wellbeing
- ✓ **Recognise how you** can make the most of yourself
- ✓ **Identify what causes** stress and how to manage stress
- ✓ **Identify your personal** progression goal and complete an action plan

### PROGRESSION FROM THIS COURSE:

When you have completed the LaunchPad course your tutor can advise you about the accredited Level 1 Award in Personal Wellbeing.



REALISE  
FUTURE-S

Enhancing people's lives

THE GATEWAY TO LEARNING IN YOUR COMMUNITY