



Education & Skills  
Funding Agency



HEALTH &  
WELLBEING

## LEVEL 1 AWARD IN PERSONAL WELLBEING

### COURSE SUMMARY:

This course will help you explore ways to improve your own personal wellbeing by developing your understanding of stress and its impact, motivation, making choices in everyday life and the impact this may have on our relationships.

### ENTRY REQUIREMENTS:

- Aged 19 or over
- Completion of Confidence & Wellbeing or Stress Management after discussion with the tutor



**AWARD:**  
Accredited

### WHAT WILL YOU DO ON THIS COURSE?

On this course you will complete a short stress quiz and learn about the effects of stress on our bodies and the impact this can have. We will discuss motivation and what motivates different individuals and the impact that lack of motivation can have. You will learn about equality and diversity and discuss how diversity can benefit society. During the course you cover topics including:

- ✓ **Understanding** motivation
- ✓ **Equality and** diversity
- ✓ **Understanding** stress
- ✓ **Making** decisions
- ✓ **Understanding feelings** and emotions
- ✓ **Information, Advice** and Guidance (IAG) and where to source information

### PROGRESSION FROM THIS COURSE:

When you have completed the Level 1 Award in Personal Wellbeing your tutor will be able to advise you about progressing onto the Level 2 Award in Personal Wellbeing.



**REALISE  
FUTURE-S**

Enhancing people's lives

THE GATEWAY TO LEARNING IN YOUR COMMUNITY