



Education & Skills
Funding Agency



HEALTH &
WELLBEING

LEVEL 2 AWARD IN PERSONAL WELLBEING

COURSE SUMMARY:

During this progression course you will have the opportunity to recognise personal growth and engagement in learning, evidenced through a portfolio of work.

ENTRY REQUIREMENTS:

- Aged 19 or over
- Successful completion and achievement of the Level 1 Award in Personal Wellbeing



AWARD:
Accredited

WHAT WILL YOU DO ON THIS COURSE?

The course will develop your knowledge of personal and social development including personal relationships, values and beliefs, mental and physical wellbeing as well as the concept of risk and ways to manage and reduce risk, thus enabling you to make positive and informed choices in your life. During this course you will cover topics including:

- ✓ **Personal Identities** – developing confidence and self-esteem
- ✓ **Diversity** – beliefs and values
- ✓ **Healthy lifestyles** – understanding body image
- ✓ **Risk** – understanding risk
- ✓ **Relationships** – teamwork skills

PROGRESSION FROM THIS COURSE:

When you have completed the Level 2 Award in Personal Wellbeing you can discuss your next steps with your tutor. You might want to consider another course with Realise Futures such as English or maths or develop your computer skills. We can also arrange for you to seek some Information, Advice and Guidance from our Careers and Progression team.



REALISE
FUTURES

Enhancing people's lives

THE GATEWAY TO LEARNING IN YOUR COMMUNITY