



Education & Skills  
Funding Agency



**HEALTH &  
WELLBEING**

## WELLBEING WORKSHOP

### COURSE SUMMARY:

On this 3 hour workshop you will identify some practical ways to manage your wellbeing. Why not come along and meet our friendly tutors to explore some wellbeing tips?

### ENTRY REQUIREMENTS:

- Aged 19 or over
- Able to take part in a discussion in a small group and to follow verbal prompts (via a signer or other communicator if required)



**AWARD:**  
Unaccredited

### WHAT WILL YOU DO ON THIS COURSE?

On this workshop you will have the opportunity to explore some wellbeing tips and identify activities for personal wellbeing. The aim of this workshop is for you to:

- ✓ Understand your personal barriers to wellbeing
- ✓ Introduce useful wellbeing tips
- ✓ Explore activities to support your wellbeing
- ✓ Identify a next step following on from this workshop

### PROGRESSION FROM THIS COURSE:

After completing the workshop why not try one of our follow on 10 hour Health and Wellbeing courses or another workshop?

You will have an opportunity to discuss this further with your tutor.



**REALISE  
FUTURE-S**

Enhancing people's lives

**THE GATEWAY TO LEARNING IN YOUR COMMUNITY**