

HEALTH AND WELLBEING: NEXT STEPS IN MINDFULNESS

Subject Area
Student Type
Study Mode

Hairdressing, Holistics
& Wellbeing
Adults
Part Time

What is the course about?

This relaxed and informal course is for adults aged 19 and over from the Warrington & Vale Royal community, who are wanting to boost their self confidence, feel better in themselves and find the courage to go out and do more to enrich their lives.

The skills and knowledge developed on this course can assist in every area of life, from work to home life.

What will I learn?

On this course, you will:

- Explore the benefits of acceptance in my life
- Build a plan to enhance resilience in your life.
- Challenge negative thoughts and build confidence
- Enhance your own calm and inner peace

How is the apprenticeship delivered?

Informally by the tutor. You will have the opportunity to self-assess your weekly progress using an individual learning plan. You will be observed, supported and guided throughout the course.

What will the course lead on to?

Warrington & Vale Royal College offer a wide range of courses for adults. Why not try the Emotional Wellbeing, Dealing with Stress & Anxiety or Crafts Through Mindfulness?

Are there any links with industry and university?

n/a

What support is available?

n/a



**Warrington
& Vale Royal
College**

Warrington Campus
Winwick Rd, Warrington WA2 8QA

 wvr.ac.uk

 01925 494 494

Winsford campus
Weaver St, Winsford CW7 4AH

 learner.services@wvr.ac.uk

Why should I choose to study the course at Warrington & Vale Royal College?

n/a

What are the entry requirements?

You must be aged 19 and over from the Warrington & Vale Royal community.

Are there any additional costs associated with the course?

n/a



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