

INTRODUCTION TO CONFIDENCE BUILDING FOR EMPLOYABILITY

Subject Area

Student Type

Study Mode

Skills for
Independence, Life &
Work

Adults
Part Time

What is the course about?

Mindfulness has been clinically proven to reduce anxiety and stress, but also, if practised regularly, its techniques can help us to experience a greater sense of emotional wellbeing, improved relationships and a wonderful sense of inner peace in the midst of our busy world. The skills and knowledge developed on this course can assist in every area of life, from work to home life.

Why should I choose the course?

This course is for adults age 19 and over from the Warrington and Vale Royal Community, who are wanting to learn about the concept and practice of meditation, mindfulness and confidence leading to employability.

What will I learn?

On this course you will:

- Explore the health benefits to regularly practising meditation and mindfulness techniques;
- Learn and practice various techniques and exercises that will develop your understanding about the nature of our thinking patterns;
- Develop the attitudes of mindfulness that will help you to easily deal with life's ups and downs; and
- Learn how to be more present, encouraging you to feel more fulfilled and less caught up in worry and stress.

You will also learn how to practice mindfulness techniques that will help you to manage physical aches and pains.

If you would like more information on the learning outcomes please email ACLenquiries@wvr.ac.uk

What will the course lead on to?

You may want to consider enrolling onto other Health and Wellbeing courses such as I am I can: Improving Confidence and Self Esteem and I am I can: Improving Resilience

What support is available?

We have a team of staff dedicated to providing learning support if required, as well as a welfare team that is on hand to offer guidance, support and help when needed. Additionally, eligible students can access a wide range of finance and funding support to help them during their time at college.



**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

Click here for learning support: <https://wvr.ac.uk/college-life/>

Click here for finance support: <https://wvr.ac.uk/college-life/>

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

98% of learners in 2021/22 would recommend their course to family and friends.

97% of learners rated their teaching as good/very good.

What are the entry requirements?

You must have an interest in the subject area and be willing to partake in classroom activities and discussions, and be willing to self-assess your weekly progress using an individual learning plan at the end of each session.

What are my funding options?

For information on funding contact Learner Services on 01925 494400 or email learner.services@wvr.ac.uk

Are there any additional costs associated with the course?

There are no additional costs associated with this course.



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