

# INTRODUCTION TO 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 age 19, 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 'what time for me' is without feeling guilty
- Create a plan to add more happiness in your life.
- Challenge any negative thoughts around self care
- Enhance your own happiness and confidence

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

## What will the course lead on to?

We offer a huge variety of part-time adult courses to help you upskill, secure that promotion, get to university, or even meet new friends. From higher education and professional courses, to leisure courses, we will have something for you.

## What are the entry requirements?

There are no formal entry requirements to enrol on this course.



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