

WELLBEING: WORDS FOR WELLBEING

01. Who is this course for?

The Creative Writing – Journaling for Wellbeing workshops are designed to support individuals to develop their journaling practice and creativity. We will explore the various techniques and activities to nurture your creativity with the emphasis on wellbeing and self-discovery. A time for relaxation and reflection. An opportunity to destress and unwind from the pressures of everyday life.

02. What will I learn?

Creative Journaling for Wellbeing supports you to write and express your thoughts and feelings creatively using a range of art materials and writing prompts to develop your own journal.

03. How will I learn?

Regular feedback and support will be provided from your tutor and peers during the workshops. Group discussions take place in an informal and supportive environment. Your tutor will give you guidance regarding your progress and how to develop your creative writing practice during the course, in the form of supportive feedback and Individual Learning Plans.

04. What will I need to bring?

A notebook and pen.

05. What skills or experience do I need?

This course is suitable for complete beginners, no previous writing experience is required.

08. How will I be supported in my learning?

Once you start, if you have further queries and/or support needs, please talk to the tutor. We also offer support to help people with learning difficulties and/or disabilities. If you have a disability, learning difficulty, health problem or mental health difficulty that may affect your learning or participation, please contact us for further advice.