

POSITIVE WELLBEING GOALS

01. Who is this course for?

Reflect on the things that support you to improve or maintain your own wellbeing and learn how small step changes and challenges can be included in your everyday life to have a positive impact. Using your own ideas and what you have learnt, by the end of the course, you will have started to develop your own positive wellbeing goals as part of a personal wellbeing action plan.

08. How will I be supported in my learning?

We 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. Once you start the course, if you have further queries and/or support needs, please talk to the Tutor.