

MINDFULNESS - FINDING CALM AT CHRISTMAS

01. Who is this course for?

This course is for anyone looking to improve or maintain their mental wellbeing.

02. What will I learn?

Mindfulness encourages us to focus our attention, become more aware, take notice and re-connect. Mindfulness is increasingly recognised as a method for improving our general sense of physical and mental wellbeing and reducing stress and anxiety. This session covers a brief background to mindfulness, explores some of the different ways to practice mindfulness and introduces a few simple techniques for moments of mindfulness at one of the busiest times of year!

03. How will I learn?

During the course the Tutor will talk with you about your learning and next steps.

04. What will I need to bring?

We recommend you have writing materials like paper and a pen to help you take notes, if you are learning at one of our centres we can provide these. A short comfort break is included in each session so you may wish to bring a drink with you if your course is at one of our centres. If you are completing this course online you will need access to a PC or laptop, and have a reliable internet connection. You will also need to make sure that your device has a speaker, microphone and camera. You could also use a mobile phone or tablet but you may find that these are not ideal for seeing the course content on the shared screen and interacting with others. If you do not have access to a PC or laptop then please contact us as we may be able to help. All Leicestershire Libraries offer FREE public WiFi and spaces to study if you do not have an appropriate space at home.

05. What skills or experience do I need?

You do not need any prior skills, knowledge or experience to join this course.

06. How will I be assessed?

This is a non-accredited course and there is no formal assessment. Your Tutor will speak with you and support you to review your own progress.

07. What could I do after this course?

Please search for our other mindfulness courses using the keyword 'mindfulness', these courses include 'Mindfulness for Life', 'Mindfulness - Finding Peace in a Frantic World' and 'Mindfulness for Relaxation' which are perfect progression courses to this one, you will find out more about mindfulness and develop your mindfulness skills. You may also wish to progress to further courses which support your mental health and wellbeing, learning opportunities in other subject areas, volunteering or work.

