

To take part on this course you must be aged 19+ and Hertfordshire residents.

Course title: Mindfulness to Develop Courage (Intermediate)	Tutor: Siobhan	Course Fee: £10.00
Start date: 27/04/2021	End date: 25/05/2021	Day(s): Tuesday
Time: 09.30-11.30		Location: Online via Zoom

Learners per Group:

This course will have no more than 12 learners

How will I learn?

This course is taught online. To access these online activities, you will need a tablet or laptop/computer with a microphone and preferably a webcam.

- ✓ You will be sent the details about how to log into your Zoom classroom by email a day before your course is due to start.
- ✓ Course paperwork will be emailed as an attachment and you will be expected to complete and return these via email on a weekly basis.

If you are unable to attend the first 2 sessions, please note your classroom place **WILL** be offered to someone else and other methods of learning will be available to you. If you must start the lesson late or leave early, please let your teacher know.

This course will teach you to:

- use mindfulness practices to turn gently toward difficult experiences so that they lose their power to manifest in unhelpful thinking and behavioural patterns
- increase their stress tolerance (or emotional resilience) by engaging mindfully with emotionally charged thoughts through Acceptance Meditations
- lessen the impact of our predisposition to focus on the negative by using specific mindfulness techniques to appreciate daily pleasures

Progression Opportunities:

- Higher Level ESOL Courses
- Employability Courses
- Voluntary Work

How do I find out if I can get some support for my learning?

If you feel that you need any additional help and support in your learning, please discuss with your tutor.

Please be aware course fees are non-refundable.

For further information, please contact us on:- 01923 816229