

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

Course title: Navigate Stress
Skilfully (Online Only)

Tutor: Siobhan

Course Fee: Free

Date: 08/06/2021

Time: 09.30-12.30

Day(s): Tuesday

Your Safety:

Social distancing and hygiene

Please use the links below to access our risk assessments or ask to for a copy to be emailed.

Learners per Group:

This course will have a maximum of 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.

This course will teach you to:

- Reduce the impact of stress hormones on the body by using 2 breathing techniques.
- Lessen the impact of the inner critic by practising regular kindness meditations.
- Promote a positive mindset by using mindfulness techniques to rediscover daily pleasures.

Progression Opportunities:

- Wellbeing Workshops
- Moving On
- Employability
- 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. If you require additional support and we are able to offer the support, you will be able to discuss this support and record it on an additional support form which is kept in the course folder.

Please be aware course fees are non-refundable.

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