

Adult Learning - Course Information Sheet



AZZ1DA13 - Mindfulness - 5 Week Programme

Virtual Classroom - Zoom

Start Date: 09 November 2020
End Date: 07 December 2020
Start Time: 7:00PM
End Time: 9:00PM
Day: Monday
Sessions: 5
Tutor: Ms Karren Bennett

Room

Course Description

The aim of the course is to identify mindfulness techniques which can help reduce stress levels within our busy lives

Course Outcomes

- Select and apply mindfulness techniques to everyday life situations to increase wellbeing
- Enjoy the benefits of the meditation practices
- Perform simple mindful movements
- Use the 3 minute breathing space as a stress relief technique

How will the course be taught?

The course will be taught online via Zoom and will be a live interactive class

Joining instructions along with unique log in for the session will be emailed to you by our support services team prior to the course start date so please check your email address prior to the class.

To take part in the course learners will need:

- A computer, laptop, phone or tablet connected to the internet and able to view a live video stream.

What do I need to bring?

We also recommend that you have a pen and notepad to hand during the sessions.

Further support or progression

Please let us know if there is anything we can do to help and support you on this course, or if you need help to understand our fees or concessions. You will find out about further learning opportunities and progression information during this course. Further information can also be found here:

www.northamptonshire.gov.uk/course info

Health and Safety

When you enrol, please let us know if you require additional personal support to participate in this course. Your tutor will give you information about Health and Safety on the first day. For information on how to keep safe online go to https://safety.lovetoknow.com/Internet_Safety_Adult and [https://takefive stopfraud.org.uk/](https://takefive.stopfraud.org.uk/) national awareness campaign. To report suspected scams, or get help and advice about preventing scams call the Citizens Advice consumer helpline on 03454 04 05 06.

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Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/>

