

Adult Learning - Course Information Sheet

SLQB04WZ - Challenging Ways Of Thinking With NL

Kingsthorpe Baptist Church

High Street
Kingsthorpe
Northampton

NN2 6QF

Start Date: 20 March 2019
Start Time: 10:30
Day: Wednesday
Weeks: 1
Hours: 4
Cost: Learn2b
Tutor: Mr Keith Haynes

Course description

Learn2b courses are free of charge to anyone who lives with (or has experienced) a mental health disorder. Diagnosis is not essential. Tutors, who are selected specifically because of their own experiences of mental health illness will support you through a variety of teaching and learning in a safe and welcoming environment. All tutors are qualified in subject matter and passionate about the principles of Learn2b. Our thoughts are vital to our wellbeing, they help us make sense of the world around us and are an intrinsic part of our experience of this world. However, sometimes we can get 'stuck' in unhelpful thinking patterns, this can lead to periods of anxiety, low mood and depression. Neuro- linguistic programming (NLP) aims to confront these unhealthy thinking patterns, considering the connections between how we think, communicate and interact with others.

Outcomes

1. Identify the thinking patterns that you tend to use.
2. Learn how to challenge negative thoughts and replace them with positivity.

How will the course be taught?

The course is made up of practical exercises and tutor lead discussions that learners will be encouraged, but not expected, to contribute to using their own personal experiences.

What do I need to bring?

A pen and notebook may be useful if you wish to make notes. There will be a small amount of paperwork to complete so you should bring reading glasses, if you require them. The tutor will be able to assist you with this paperwork if you need them to.

Taking the first steps and staying safe

Please let us know if there is anything we can do to help and support you on this course. We understand that trying new things and meeting new people can be daunting. You can trust your tutor to make you feel really welcome, but we can also provide further support if this is your first time attending. One of the Learn2b team can meet you, help you settle in and assist you throughout the session. We want you to relax and gain as much as possible from our courses, we will go out of our way to ensure this happens.

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 Internet Safety for Adults and Take Five a national awareness campaign at https://safety.lovetoknow.com/Internet_Safety_Adult and <https://takefive-stopfraud.org.uk/>. To report suspected scams, or get help and advice about preventing scams call the Citizens Advice consumer helpline on 03454 04 05 06.

Further support for mental wellbeing

You will find out about further learning opportunities and careers advice and guidance as appropriate through this course.

If you are enrolled on, or considering enrolling for a course or qualification with us, we can signpost you to the National Careers Service. This can be helpful if you would like to progress to further learning and/or employment and would like support from a qualified National Careers Service adviser. For more information please email: CommunityLearning@firstforwellbeing.co.uk or call us on 01604 367 119.

