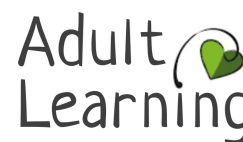


Adult Learning - Course Information Sheet



SZZ2BA15 - Psychology For Work And Performance

Virtual Classroom - Zoom

<https://zoom.us/>

Start Date: 14 January 2025
End Date: 04 February 2025
Start Time: 9:00AM
End Time: 10:30AM
Day: Tuesday
Sessions: 4
Tutor: Mrs Virginia Antunes

ZZ99 9ZZ Room Virtual Classroom - Zoom

Course aim

This course will discuss how our wellbeing influences our work performance, as well as the opposite. In this course we will explore key aspects of a work environment that contribute to wellbeing, and discuss strategies to better cope with the impact of negative work environments or work conditions in general. We will further discuss strategies to optimise our resources to become more productive and find life/work balance.

Course outcomes

- a) Recognise the role of work environments and conditions on personal wellbeing
- b) Identify key personal experiences and traits that can affect our work performance
- c) Identify negative or toxic work related attitudes and/or experiences
- d) Recognise internal and external resources that can be used to support happier careers
- e) Apply strategies to case studies and personal examples

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. To take part in the course learners will need either: a computer or laptop, phone or tablet connected to the internet and able to view a live video stream.

What do I need to bring / have ready?

Pen and Paper

Further support and progression

If you need help whilst on a course with us, our Learner Support Advisor is available to discuss your needs. We offer a range of services, subject to eligibility, which can include practical support and/or financial assistance to ensure you feel fully supported while learning with us. For more information contact alsreferrals@northnorthants.gov.uk or call 01536 535809 (answerphone available). Visit our website www.northamptonshire.gov.uk/course-info for further information about our fees and concessions. Your tutor will inform you of further learning opportunities and progression during your course.

Health and Safety / Online Safety

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/> 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.

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/>

