

Adult Learning - Course Information Sheet



UBW6CA01 - Mindfulness - Reduce Stress Levels

Brooke Weston

Brooke Weston Academy
Coombe Road
Corby

NN18 8LA

Room Teaching School

Start Date: 06 July 2019
End Date: 06 July 2019
Start Time: 10:00AM
End Time: 3:00PM
Day: Saturday
Sessions: 1
Tutor: Ms Karren Bennett

Course aim

To discover the background of mindfulness and how these techniques can help reduce stress levels within our busy lives.

Course outcomes

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

How will the course be taught?

Practical activities, group discussion.

What do I need to bring / have ready?

Wear warm, comfortable clothing. Pen and paper. Drinking water.

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 01604 368023 (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 session. 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 for information on preventing scams, call the Citizens Advice on 03454 04 05 06.

Further information

In order to show progression throughout the course, it may be necessary to use video or digital cameras during the lesson. Your course induction should cover any further information you may require.

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/>

