

# Wellbeing: Positive Minds, Positive Living (Taster)

## Course overview

---

There are all sorts of things in our lives that cause us to feel or think negatively about our lives. Unfortunately, all too often we don't know how to help ourselves to manage our negativity effectively and we get stuck. This workshop will help to unstuck you.

## What will I study?

---

You will:

- discuss what contributes to our negative thinking
- start to explore ways to think and live more positively

## Assessment method

---

You will participate in discussions, Q&A, self reflection and receive verbal feedback from the tutor throughout the workshop.

## Entry requirements

---

This course is open to all. You will need a good understanding of English.

## What should I bring with me?

---

You will need to provide your chosen method of note-taking such as a notepad and pen or a tablet.

## Key information

---

Code	Date	Time	Location	Full Fee	Concessionary Fee
7008CPT	Wednesday 3 February 2021	12.30pm to 3pm	Dagenham	£0.00	£0.00

### Possible next steps

---

Following the successful completion of this course, you will be supported to enrol on to other wellbeing or enrichment courses or signposted to another course suitable for you.

### Contact us

---

Our friendly staff can give you further advice and support.



email: [adultcollegeenquiries@lbbd.gov.uk](mailto:adultcollegeenquiries@lbbd.gov.uk)



call: 020 8270 4722