

Wellbeing: Clear your Clutter, Create More Space (Taster)

Course overview

Our everyday clutter takes up space not just in our homes but in our minds. Clearing our clutter can create physical space to move more freely through our lives. It can also help us to create more mental and emotional space, let go of things that are holding us back and create space for new and positive experiences. This taster course introduces you to where your clutter came from and will help you break what seems like a daunting job into manageable chunks.

What will I study?

You will:

- look at how clutter forms and its impact on our emotional and mental wellbeing
- identify where your clutter is
- plan to tackle your clutter in bite-sized chunks

Assessment method

- Self Assessment: Your tutor will encourage you in identifying and reflecting on the location and impact of your clutter.
- You will participate in discussions, Q&A and receive verbal feedback from the tutor throughout the course.

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
7010CPT	Wednesday 24 February 2021 to Wednesday 3 March 2021	6.30pm to 8.30pm	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



call: 020 8270 4722