

# Wellbeing: Clear your Clutter, Create More Space

## Course overview

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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 longer course will help you move through your clutter clearing in a positive way.

## What will I study?

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You will:

- review how clutter forms and its impact on our emotional and mental wellbeing
- identify why we collect clutter
- tackle our clutter in small manageable steps and explore how that feels to do
- cover elements of lifting and clearing the energy in our personal spaces and the positive impact that can have on our mental wellbeing and our physical spaces.

## Assessment method

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- Self assesment: Your tutor will encourage you to identify and reflect on areas cleared and personal changes.
- You will participate in discussions, Q&A and receive verbal feedback from the tutor throughout the course.

## Entry requirements

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

## What should I bring with me?

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

## Key information

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Code	Date	Time	Location	Full Fee	Concessionary Fee
7011CP	Wednesday 10 March 2021 to Wednesday 31 March 2021	6.30pm to 8.30pm	Dagenham	£23.00	£12.00

## Possible next steps

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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

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Our friendly staff can give you further advice and support.



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



call: 020 8270 4722