

Wellbeing: Taking forward the good stuff - Online

Course overview

Being in lockdown, shielding and social isolation changed a lot of the things we do and the ways in which we do things. This workshop will help you to explore the positive things that you want to take forward in your life as we come out of lockdown into a new way of being.

What will I study?

You will be able to:

- Identify what lockdown changed for you in a good way
- Choose what you want to focus on carrying forward
- Plan ways of keeping these positives in your life

Assessment method

Your tutor will encourage you in identifying and reflecting on positive personal changes and what you want to do going forward. Throughout the session you will receive feedback from your tutor.

Entry requirements

This course is open to all. You will need a solid understanding of English and access to the internet and Teams.

What should I bring with me?

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

Key information

This course will take place online. If you would like to do this course but do not feel confident accessing online learning you may wish to enroll on one of our Teams For Online Learning courses or ICT courses.

Possible next steps

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

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



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