

Wellbeing: Love your Body

Course overview

We all experience moments of negative body thoughts. Even the most confident and happy people have moments when they think they are ugly, not the right weight, not attractive and generally are unhappy with the way they look physically - it is a part of being human.

However, if you find yourself having these kinds of negative thoughts frequently or letting these feelings get in the way of living a healthy and happy life, it may be time to do something about it. We will look at healthier ways in which to look at yourself and your body and appreciate what it can do.

What will I study?

You will:

- look at yourself as a whole person
- re-think your use of time and energy
- explore ways of changing the cycle of 'negative thinking'
- find ways of being good to yourself – and having fun!

Assessment method

- Self assessment through reflection
- You will participate in discussions, Q&A 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 |
|---------|------------------------|-------------|----------|----------|-------------------|
| 7017CPT | Saturday 24 April 2021 | 10am to 2pm | 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