

Wellbeing: Coping with Change

Course overview

Change can be challenging both to manage and to accept. This short course will help to provide you with some tools and techniques to help you cope with and manage change.

What will I study?

You will:

- Identify how you feel about change
- Identify what can help you feel more in control
- Explore tips, techniques and tools you can use to help you navigate and cope with change

Assessment method

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

Entry requirements

- This course is open to all.

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

Where possible this course will take place on site with social distancing measures in place. In the event of a lockdown, the course will take place online via MS Teams.

Possible next steps

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

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



call: 020 8270 4722