

# Wellbeing: Positive Minds, Positive Living (Taster)

## Course overview

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There are all sorts of things in our lives that cause us to feel or think negatively about our lives. Unfortunately, all too often we don't know how to help ourselves to manage our negativity effectively and so we get stuck. This workshop will help to unstick you.

## What will I study?

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You will:

- Discuss what contributes to our negative thinking
- Start to explore ways to think and live more positively
- Identify actions you can take forward to create change

## Assessment method

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- You will participate in discussions, Q&A, self reflection and receive verbal feedback from the tutor throughout the workshop.

## Entry requirements

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This course is open to all. You will need a solid 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 notepad & pen or tablet.

## Key information

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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**

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

