

Wellbeing: Introduction to Mindfulness

Course overview

Mindfulness is maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and our surrounding environment, in a gentle, non-judgmental way. Practicing mindfulness helps us to stay in the present moment rather than rehashing the past or imagining/worrying about the future.

What will I study?

You will:

- Discuss the benefits of mindfulness
- Reflect on moments when you have been mindful and how that felt
- Notice how our thoughts drive our emotions and behaviour
- Be able to practice mindfulness in your day-to-day life
- Be more aware of how mindfulness helps our mental health

Assessment method

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

Entry requirements

This course is open to any ComSol staff. You will need a solid understanding of English.

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 wellbeing or CPD 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