

Staff: Art for Relaxation (All ComSol)

Course overview

Work life balance is key to our mental and emotional wellbeing. It is important for us to find ways to relax and art is one. You don't have to be able to draw or paint; art takes many forms. On this workshop we will explore some of the many ways in which art can help you relax.

What will I study?

You will:

- discuss different forms of art
- explore what resources and space we might need for each art form
- identify forms of artistic creation that easily lend themselves to meditation or mindfulness
- discuss art as an expressive outlet

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 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
7304CP	Wednesday 26 May 2021	6pm to 8.30pm	Dagenham	Free	Free

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