

Building Resilience and Developing a Positive Mindset

Course Name	Start Date	End Date	Site	Total Fees
Building Resilience and Developing a Positive Mindset - Tuesday AM (June)	04/06/2024	18/06/2024	Ashby Community Hub	0.00

Course Description

Building Resilience and Developing a Positive Mindset

Course Overview

This course is designed for adults who wish to develop their knowledge and understanding of resilience, to look at their own personal development and to learn strategies to help build resilience and promote positive thinking.

We will consider and discuss the following:

- What is resilience and why is it important?
- The factors and components of resilience
- Strategies and tools to improve personal resilience
- Optimism and positive thinking
- How to develop self-efficacy

Suitable for

These workshops are designed for adults who wish to develop their knowledge and understanding of resilience, to look at their own personal development and to learn strategies to help build resilience and promote positive thinking.

Delivery method

In person, in a classroom or through online virtual workshops. A variety of teaching and learning strategies will be employed, including taught lessons, small group work, activities, and class discussions.

Homework

No homework is necessary, but you might like to try out some suggestions from class and reflect on how you got on.

Assessment

No formal assessment is required. During the session your tutor will check your understanding through question and answer, and verbal/written feedback/review.

Progression route / Further Study

Guidance is given throughout the course regarding opportunities and careers. Upon successful completion of this course, you can progress onto:

Level 1 Award in Stress Awareness

Level 1 Award in Mental Health Awareness

Additional Information

All handouts are provided, but you may find it useful to bring a paper and a pen with you.

If you require more information about this course, please use this link:-

[Course Information Enquiry](#)

to enquire from our website or telephone our Customer Service Team on 01724 297146.

Entry requirements

You must be aged 19+ on 31 August 2023 to join this course.

If you are attending a virtual workshop or distance learning course, you must complete an online induction, which includes online safety, before you begin.

Why you should study with us

[Click here to see our FAQ page](#)

DISCLAIMER: You must be 19+ on 31 August 2023 and UK resident for at least 3 years. When applying for this course, you must provide evidence to confirm eligibility for funding, which includes proof of ID and full address.