

Coping with Change - Tailored Learning

Course Name	Start Date	End Date	Site	Total Fees
Coping with Change - Ashby Hub - MON AM - Tailored Learning - November	03/11/2025	08/12/2025	Ashby Community Hub	0.00
Coping with Change - Baysgarth - WED AM -Tailored Learning	08/10/2025	05/11/2025	BAYSGARTH HUB	0.00

Course Description

Coping with Change

Build your inner strength and bounce back from life's challenges. This 5-week course is designed to help you understand what resilience is, why it matters, and how to develop practical strategies to adapt to change, improve your coping strategies and grow through life's ups and downs. Whether you're looking to improve your wellbeing, manage personal setbacks, or gain confidence for work or learning, this course will equip you with tools to face challenges with greater confidence and calm.

This course will support you to strengthen your employability and transferable skills such as communication, problem-solving, and self-management to help you feel more prepared for your next steps in learning or work.

Content and Overview:

- To develop an understanding of what resilience is and why it is important in managing life's challenges and changes.
- To explore emotional and behavioural responses to stress and change, and identify personal strengths and areas for growth.
- To introduce practical strategies and tools that support emotional wellbeing, problem-solving, and positive thinking.
- To build confidence in applying resilience skills in everyday situations, enabling learners to adapt, recover, and thrive.

Induction day followed by:

Week 1: Understanding resilience

Week 2: Understanding stress and change

Week 3: Building emotional awareness

Week 4: Strategies to build resilience

Week 5: Moving forward with confidence

Suitable for:

For anyone who may be struggling with life, work or personal changes and need some extra support with bouncing back.

Delivery Method:

This course will be delivered face to face at Ashby Community Hub over 5 sessions. Please bring a pen to all classes.

Entry requirements:

Before starting a course, you will be asked questions to determine your eligibility.

You must be aged 19+ on 31 August 2025 and be a UK resident to join this course & be eligible for funding.

Progression route:

You can progress onto one further personal development course. You may also wish to take next steps into:

Studying English

Studying Maths

Studying Digital Skills

Studying industry specific employability courses

During your course, you will be provided with information, advice and guidance about the appropriate next steps for you. We have a dedicated Careers and Employability Coordinator who can support you to plan for these, as well as discussions with your tutor.

Disclaimer: When applying for this course, you must provide evidence to confirm eligibility for funding, proof of ID and full address. Applying for a course does not mean you are automatically enrolled. You must be 19+ on 31 August 2025 and a UK resident.

Our dedicated team will be happy to help – just call us on 01724 297146 or contact us on

<https://northlincsadulteducation.co.uk/contact>