

Stress Less - Manage the Pressure - Tailored Learning

Course Name	Start Date	End Date	Site	Total Fees
Stress Less: Manage the Pressure -Ashby Hub - Wed Morning - November - Tailored Learning	05/11/2025	10/12/2025	Ashby Community Hub	0.00

Course Description

Stress Less - Manage the Pressure

Content and Overview:

Feeling overwhelmed or constantly under pressure? Stress Less is a practical, down-to-earth 5-week course designed to help adults understand the impact of stress on the body and mind, and learn real-life strategies to reduce it. Through guided activities, relaxation techniques, group discussion and simple lifestyle changes, you'll explore how to bring more calm, control and clarity into your daily routine — without needing to change your entire life. No previous experience needed — just a willingness to explore new ways to support your wellbeing.

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.

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 using this link:

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